

# AUGUST MENU

MONDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Meatloaf, Mashed Potatoes, Brown Gravy Mixed Vegetables Field Greens, Cantaloupe Birthday Cake	<b>2</b> Chicken Caesar Salad Zucchini & Mushrooms Mixed Berry Parfait & Yogurt & Granola	<b>3</b> Maryland Crab Cake Brown Rice Mixed Veggies, Waldorf Salad, Mixed Greens Lemon Bar
<b>6</b> Chicken Parmesan Spaghetti, Tossed Salad, Garlic Bread Mixed Fruit Vanilla Ice Cream	<b>8</b> Bratwurst & WW Bun Sauerkraut, Green Beans Potato Salad, Mixed Greens, Apple Crisp Banana	<b>9</b> Chili Con Carne, Tossed Salad, Cornbread Melon & Strawberry Salad, Chocolate Chip Cookie	<b>10</b> Cajun Baked Catfish Sweet Corn, Apple Cranberry Coleslaw Yams, Mixed Greens Pecan Pie
<b>13</b> Bacon & Swiss Quiche Green Beans Almondine Orzo Salad, Mixed Greens Strawberry Shortcake Banana	<b>15</b> Roast Beef Sandwich WW Bun, Garlic Mashed Potatoes, Cali Blend Vegetables, Cole Slaw Pineapple Chunks	<b>16</b> Baked Chicken, Baked Potato, Broccoli & Cauliflower, Cucumber & Tomato Salad, Cheese Cake & Strawberry Sauce	<b>17</b> Shrimp Fra Diavolo Linguine, Zucchini & Tomatoes Mixed Greens Lemon Bar
<b>20</b> Spinach Stuffed Chicken Breast, Brown Rice Asparagus, Mixed Green Salad, Mixed Fruit Tiramisu	<b>22</b> Sweet and Sour Pork Chop Brown Rice Island Mixed Vegetables Peach Cobbler	<b>23</b> Macaroni and Cheese Broccoli and Carrots Spinach and Orange Salad Chocolate Cake	<b>24</b> Shrimp Salad on Spinach, Tomato Basil Soup, Sweet Corn Mocha Brownie Clementine
<b>27</b> Chicken Breast Creole Dirty Rice Green Peas Cornbread Apple Pie	<b>29</b> Egg Salad Sandwich Whole Wheat Bread Tator Tots, Cole Slaw Strawberry Cheesecake Banana	<b>30</b> Beef Stew Potatoes, Tomatoes & Vegetables Vanilla Ice Cream Sugar Cookie	<b>31</b> Cod Florentine Spinach & Mushrooms Brown Rice Pilaf Mixed Vegetables Key Lime Pie

Whole grain bread and 2% milk are available at each meal unless otherwise indicated. Reservations are required.  
Call (970) 429-6161, 24-hours in advance. Please arrive by 12:20 p.m.