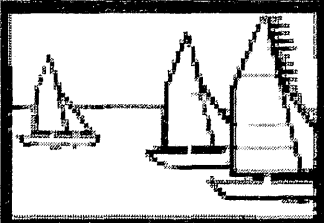


## August Menu – Congregate

Monday	Tuesday	Wednesday	Thursday	Friday
B.B.Q. Beef Steak 1 Mashed Red Potatoes w/ Sour Cream Broccoli Florets Wheat Bread Pumpkin Pie w/Cream	Italian Chicken Fingers 2 Duck Sauce Peas & Carrots Seasoned Penne Pasta Italian Bread Sugar Cookies	Pork Chow Mein 3 Brown Rice w/Vegetables Winter mix Rye Bread Pineapple Chunks	Cold Salad Plate 4 Sliced Turkey & Cheddar Cottage Cheese & Peaches Orzo Salad w/tomato &Cukes Pumpernickel Bread Applesauce	Macaroni & Cheese 5 Sliced Carrots (3/4 cup) Wheat Dinner Roll Vanilla pudding & mandarin oranges
Broccoli & Onion Quiche 8 Spinach Salad w/Dressing Green beans Wheat Bread Cantaloupe	Chicken & Biscuit 9 Mashed Potatoes Tossed Salad w/Dressing Chocolate Chip Cookies	Honey Ham 10 Swiss Cheese Tossed Green Leaf Salad w/dressing Red Potato Salad w/Dill Mustard p.c. Oatmeal Bread, Apple Cake	Pier 17 Baked Fish 11 Lemon Wedge Rice & Cheese Winter Mixed Vegetables Wheat Bread Melon	BBQ Pork Shoulder 12 Rice Pilaf Broccoli Florettes Wheat Bread Grapes
Chipped Beef w/Boiled 15 Potatoes California Blend Vegetables Italian Bread Peaches	Fried Chicken Breast *16 Oven Roasted Potato Cole Slaw Green Leaf Salad Birthday Cake	Baked Stuffed Chicken 17 Breast Mashed Potatoes Baby Carrots Dinner Roll Carrot Cake	Baked Meatloaf 18 Mashed Potatoes Brussel Sprouts Oatmeal Bread Apple Crisp w/Cream	Chicken Parmesan 19 w/tomato sauce & parm. cheese, Penne Pasta w/ Pesto, 3 Bean Mix Wheat Bread Tapioca Pudding w/Cream
Baked Penne Pasta w/ 22 Beef & Mozzarella Cheese, Cole Slaw w/Pineapple & Carrots Italian Bread Fruited Lemon Jello	Oven Fried 23 Ranch Chicken Breast Red Mashed Potatoes Broccoli Florets Wheat Bread Watermelon	Beef Stroganoff over 24 Seasoned Cavatappi Tossed Salad w/Dressing Italian Bread Chocolate Cake	Clam Chowder 25 Turkey Salad, Crackers Lettuce & Tomato Slices Wheat Roll Cantaloupe	Baked Ham w/Pine- 26 apple Sauce Red Mashed Potatoes Oregon Beans Dinner Roll Carrot Cake
Pot Roast 29 Vegetable Gravy Mashed Potatoes Carrots & Peas Dinner Roll Strawberry Shortcake	B.B.Q. Chicken Thigh 30 Mashed Sweet Potatoes Mixed Green Beans Wheat Bread Oatmeal Raisin Cookie	Cheese Ravioli w/Meat 31 Sauce w/Parmesan Cheese Green Beans Cole Slaw Italian Bread Apple Cake	1% milk served with all meals.	

\* Join us for a special Birthday Buffet on August 16th