

Council on Aging August 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
If you have questions or need to cancel your meal Contact: Vickie Cheek or Barbara Woody 919-742-3975		Chicken Fillet Sandwich Let & Tom Potato Salad Orange Fig Bar Mayo 2%Milk	Meatballs & Cheese on Bun Tossed Salad Italian Vegetables Jell-O FF Dressing 2%Milk	Chicken Stir Fry Rice Angel Food Cake/fruit Egg Roll Duck sauce Juice 2% Milk
6	7	8	9	10
Turkey Hot dog Chili Coleslaw Corn Banana Yogurt Oatmeal Cookie 2%Milk	Baked Ziti Tossed Salad w Tom Garlic Bread Fruit Crisp Fat Free Dressing 2%Milk	Sweet & Sour Chicken Rice Pudding Graham Crackers Egg Rolls Juice 2%Milk	Pinto Beans Scalloped Tomatoes Steam Cabbage Cornbread/marg Orange 2%Milk	Country Steak w gravy Green Beans 1/2 Baked Potato Muffin Margarine Jell-O 2%Milk
13	14	15	16	17
Krab Cake on Bun Coleslaw Mac & Chese Fruit 2%Milk	Chicken Salad sandwich Lettuce/ Tom Broccoli Salad Orange 2% Milk	Sloppy Joe Sandwich Baby Baker Potatoes Angel Food Cake/Fruit Juice 2% Milk	Pork Ribette Coleslaw Greens Cornbread Yogurt Grahman Cracker 2% Milk	Pepper Steak w gravy Green Beans Mashed Potatoes Biscuit Fruit Salad 2% Milk
20	21	22	23	24
Barbecue Chicken 1/2 Parmesian Baked Potato Peas & Carrots Roll /Marg Fig Bar 2% Milk	Hamburger on Bun Lettuce & Tomato Baked Beans Angel food cake/fruit Ketchup Juice 2% Milk	Turkey Sandwich Lettuce Tomato Broccoli Cauliflower Salad Fruit Baked Chips Mayo 2%Milk	Salisbury Steak w gravy Parslied noodles Mix vegetables Roll/ jelly Peaches 2%Milk	Cranberry Orange Chicken California Blend Vegetables Butter Pasta Roll/ jelly Orange 2%Milk
27	28	29	30	31
Salmon patty Coleslaw Mac & Cheese Pear half Cornbread 2%Milk	Beef Stew Tossed Salad Lima Beans Angel Food cake w/fruit Dinner Roll/marg FF Dressing 2% Milk	Chicken Sandwich Lettuce & Tom Bean Salad Baby Baker Potatoes Graham Cracker Fruit Mayo 2%Milk	Swedish Meatballs w/gravy Mashed Potatoes Peas & Carrots Biscuit marg/jelly Fig Bar Juice 2% Milk	Chicken Salad on Croissant Lettuce Tomato Pasta Salad Mix Fruit Vanilla Wafers Juice 2%Milk