

# August 2024 Menus

Milk and beverages served daily.

Meals Prepared by: Blair Senior Services, Inc.

Registered Dietician: Teri Henry, RDN, LDN

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hot Dog on a Whole Wheat Bun Potato Salad Mandarin Orange Vanilla Greek Yogurt Parfait Ice Cream Cup	2 Italian Sausage Sandwich with Peppers & Onions Tater Tots Mandarin Oranges
5 Chicken Tenders with Honey Mustard Dipping Sauce Scalloped Potatoes Broccoli Florets Diced Peaches Sugar Cookie	6 Taco Salas Tortilla Chips Watermelon Cubes	7 Baked Fish Macaroni & Cheese Stewed Tomatoes White Cake with Strawberries & Whipped Topping	8 Baked Chicken with Gravy Mashed Potatoes Roasted Brussels Sprouts Whole Wheat Roll Sherbet	9 Grilled Cheese Sandwich Tomato Soup with Crackers Mandarin Oranges
12 Ham Balls AuGratin Potatoes Broccoli Florets Whole Wheat Roll Pears in Lime Jello Brownie Bites	13 Vegetable Barley Soup with Crackers Cottage Cheese & Fruit Orange Juice Vanilla Pudding	14 Scalloped Chicken Mashed Potatoes with Gravy Maple Dill Carrots Applesauce Whole Wheat Roll	15 Creamed Chipped Beef Biscuit California Blend Vegetables Mixed Berry Blend	16 Kielbasa & Sauerkraut Pierogis Peas & Carrots Cantaloupe Cubes
19 Roast Beef with Gravy Loaded Baked Potato California Blend Vegetables Pears in Strawberry Jello	20 Ham & Cheddar Cheese on a Whole Wheat Roll Chicken Rice Soup with Crackers Applesauce	21 Vegetable Quiche Sweet Potato Fries Golden Fruit Parfait	22 Chicken & Broccoli Alfredo Italian Vegetable Blend Cranberry Juice Breadstick	23 Swiss Steak with Tomatoes & Onions Mashed Potatoes Roasted Parmesan Cauliflower Chocolate Cake with Whipped Topping
26 Honey Mustard Chicken Tater Tots Broccoli Florets Fruit Cocktail Vanilla Pudding	27 Cheese Omelet Sausage Patty Whole Wheat Waffles with Syrup Orange Juice	28 Meatloaf with Gravy Mashed Potatoes French Cut Green Beans Whole Wheat Dinner Roll Applesauce	29 Grilled Chicken Salad with French Fries & Ranch Dressing Cantaloupe Cubes Oatmeal Raisin Cookie	30 Cheese Ravioli with Marinara Sauce Italian Blend Vegetables Breadstick Mandarin Orange Greek Yogurt Parfait