

**SENIOR
AUGUST
2017**



**SERVING
SENIORS
IN
BOONE
LEE
OGLE
WINNEBAGO
COUNTIES**

**To make a
reservation
in Rockford

815-963-1609
or
1-800-779-1189**

**RESERVATIONS
&
CANCELLATIONS
CALL BY 10:00 AM
THE DAY BEFORE**



A United Way Agency



***Choice A only sent to
MEALS ON WHEELS
CLIENTS**

**MENU IS SUBJECT
TO CHANGE WITHOUT
NOTICE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
8 oz. Low Fat Milk served with all lunches. 	SAUSAGE GRAVY W \ BISCUIT HASH BROWN POTATO FRUIT JUICE BAKED PEACHES	POLISH SAUSAGE SOUR KRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE HOT DOG BUN	A.) HOT HAM & CHEESE AUGRATIN POTATOES SEASON GREEN BEANS WHEAT BUN PINEAPPLE TIDBITS B.) TURKEY/VEGETABLE	PEPPER STEAK MASHED POT/GRAVY LIMA BEANS WHEAT BREAD - 2 APRICOTS
7	8	9 AUGUST B-DAY PARTY	10	11
HAMBURGER PATTY WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEARS	BBQ CHIX BREAST CHEESY POTATOES SEAS. GREEN BEANS DINNER ROLL JELLO W\FRUIT	BAKED PORK CHOP BABY RED POTATOES BROCCOLI TOSSED SALAD/DRSG. ROLLS, APPLE CRISP BIRTHDAY CUPCAKES!	CHEESE RAVIOLI W/ MEATSAUCE BRUSSEL SPROUTS CAULIFLOWER GARLIC BREAD APRICOTS	A.) TROPICAL CHIX SALAD CROISSANT CUCUMBER SLICES MANDARIN ORANGES PINEAPPLE JUICE B.) CHIX SAL./TOMATO
14	15	16	17	18
CREAMY CHICKEN W/ PASTA BROCCOLI BAKED APPLES WHEAT BREAD - 1	MEATLOAF MASHED POT/GRAVY GLAZED CARROTS DINNER ROLL \ BUTTER APRICOTS	BAKED HAM SWEET POTATO GREEN BEANS DINNER ROLL FRUIT COCKTAIL	ITALIAN SAUSAGE W\PEPPERS ON BUN POTATO WEDGES ITALIAN BLEND VEGGIES DICED PEACHES	A.) CRISPY FISH SAND. WHEAT BUN POTATO PANCAKES PEAS PINEAPPLE TIDBITS B.) TURKEY/MINESTRONE
21	22	23	24	25
MEATBALL SUB PEAS & CARROTS SEAS. POTATO WEDGES MANDARIN ORANGES	SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES DINNER ROLL APRICOTS	SALISBURY STEAK AUGRATIN POTATOES COIN CARROTS DINNER ROLL SLICED PEACHES	CHEESE OMELETT TURKEY SAUSAGE HASH BROWN POT. BLUEBERRY MUFFIN FRUIT JUICE	A.) BRAISED BEEF MASHED POT\GRAVY CORN DICED PEARS WHEAT BREAD -2 B.) TUNA SAL/CHIX RICE
28	29	30	31	
BBQ RIBLETT WHEAT BUN AUGRATIN POTATOES COIN CARROTS APRICOTS	PEPPER STEAK MASHED POT/GRAVY SCAN. BLEND VEGGIES WHEAT BREAD - 2 CHILLED PINEAPPLE	LEMON PEPPER CHIX WILD RICE BROCCOLI DINNER ROLL APPLESAUCE	A.) CHEESEBURGER WHEAT BUN TATOR TOTS BAKED BEANS JELLO W\ FRUIT B.) HAM/VEGETABLE	