

# August 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Visit your local Farmers' Markets and enjoy delicious and nutritious summer fruits and vegetables. Locations and times for the markets are posted at congregate meal sites.</b></p>				<p><b>1</b></p> <p><b>Lasagna</b> Meat Sauce Italian Mixed Vegetables Zucchini Italian Bread Mixed Fruit</p>
<p><b>4</b></p> <p><b>Barbecued Beef</b> Brown Rice w/ Bulgar Spinach 100% Whole Wheat Bread Fresh Fruit</p>	<p><b>5</b></p> <p><b>Breaded Pork Patty w/ Gravy</b> Sweet Potatoes Cauliflower au Gratin Rye Bread Applesauce</p>	<p><b>6</b></p> <p><b>Roast Turkey w/ Gravy</b> Mashed Potatoes Green Beans Almondine Sour Dough Bread Pudding w/ Topping*</p>	<p><b>7</b></p> <p><b>Chef's Salad</b> Pasta Salad Carrot Raisin Salad Potato Bread Pineapple</p>	<p><b>8</b></p> <p><b>Shepherd's Pie</b> Mashed Potatoes Corn Multi Grain Bread Cookie*</p>
<p><b>11</b></p> <p><b>Sweet &amp; Sour Pork</b> Buttered Rice Brussel's Sprouts w/ Cheese Sauce Multi Grain Bread Fresh Fruit</p>	<p><b>12</b></p> <p><b>Hot Dog**</b> Baked Beans Cole Slaw Hot Dog Roll Apple Crisp*</p>	<p><b>13</b></p> <p><b>Beef Stew</b> Boiled Potatoes Mixed Greens Biscuit Peaches</p>	<p><b>14</b></p> <p><b>Pork Roast w/ Gravy</b> Roasted Red Potatoes Creamed Carrots 100% Whole Wheat Bread Pudding w/ Topping*</p>	<p><b>15</b></p> <p><b>Macaroni &amp; Cheese</b> Stewed Tomatoes Succotash Rye Bread Applesauce</p>
<p><b>18</b></p> <p><b>Baked Ham**</b> Sweet Potatoes Braised Red Cabbage Rye Bread Pears</p>	<p><b>19</b></p> <p><b>Egg Salad</b> Potato Salad Tossed Green Salad Hamburger Roll Apple Slices</p>	<p><b>20</b></p> <p><b>Sweet &amp; Sour Meatballs</b> Buttered Noodles Broccoli Multi Grain Bread Pudding w/ Topping</p>	<p><b>21</b></p> <p><b>Oriental Chicken</b> Fried Rice Chinese Vegetables Sour Dough Bread Pineapple Fortune Cookie</p>	<p><b>22</b></p> <p><b>Salmon Boat w/ Sauce</b> Roasted Potatoes Mixed Vegetables 100% Whole Wheat Bread Peaches</p>
<p><b>25</b></p> <p><b>Baked Fish</b> Roasted Red Potatoes Harvard Beets Rye Bread Applesauce</p>	<p><b>26</b></p> <p><b>Veal Parmesan</b> Ziti w/ Sauce Broccoli Italian Bread Fresh Fruit</p>	<p><b>27</b></p> <p><b>Pork Roast w/ Mushroom Gravy</b> Potatoes au Gratin Winter Squash 100% Whole Wheat Bread Mixed Fruit</p>	<p><b>28</b></p> <p><b>Calico Beans</b> Wild Rice Blend Green Beans Dinner Roll Pineapple</p>	<p><b>29 LABOR DAY MENU</b> <b>Meat Loaf w/ Gravy</b> Garlic Mashed Potatoes Glazed Carrots Multi Grain Bread Pudding w/ Topping</p>

If you will not be home when your meal is delivered  
PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5201

SUGGESTED VOLUNTARY DONATION  
\$2.00 PER MEAL to help defray costs

All contributions are returned to the community toward the cost of nutrition programs and services.