

# August 2019 Menu

Douglas County Senior Center

\* Milk Served daily \*

\*Sliced WW Bread available upon Request

**\*Dessert is Optional**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Sweet & Sour Spareribs Brown Rice Peas & Carrots Tossed Calico Vegetable Salad w/Honey Mustard Drsg Apricot Halves	<b>2</b> Chicken Fried Steak Caesar Salad Mashed Potatoes & Gravy Brussels Sprouts, Apple Juice Coconut Cream Pie
<b>5</b> Grilled Chicken Bratwurst on ww Hot Dog Bun Hot German Potato Salad German Slaw Spiced Applesauce Fresh Orange Sections	<b>6</b> Beef & Broccoli Over Brown Rice Marinated Mushroom Salad WW Bread Canned Pears Fortune Cookie	<b>7</b> Turkey Bean Soup Tuna Salad Sandwich Lettuce & Tomato Salad w/Italian Dressing LS Cantaloupe Chunks	<b>8</b> Pulled Pork Sandwich on a Hawaiian Roll w/ Coleslaw Fresh Fruit Salad Baked Beans Cupcake Variety of Fruit Juices	<b>9</b> Taco Salad (Lettuce, Tomato, Cheese) Salsa & Sour Cream Spanish Rice w/Black Beans and Corn Apple Crisp
<b>12</b> Ham & Potato Casserole Italian Cabbage Salad Capri Blend Veggies Apricot Halves Cherry Walnut Dessert	<b>13</b> Cheeseburger Skillet Tossed Salad w/Balsamic Vinaigrette Dressing WW Dinner Roll Fruit Cocktail	<b>14 Birthday Day</b> Roast Beef Garden Salad w/ Ranch Dressing, Pear Cup Mash Potato & Gravy Asparagus Tips Cake & Ice Cream	<b>15</b> Lemon Baked Fish II Tossed Salad w/ Creamy Italian Dressing Brown Long Grain Rice Green Peas, Grapes Cracked Wheat Bread	<b>16</b> Charleston Chicken Over Rice, Broccoli, Ls Bacon, Romaine Swiss Salad, Pineapple Juice Angel Food Cake with Fresh Strawberries & Whipped Topping
<b>19</b> Chili Cheese LS Hot Dog Waldorf Salad Onion Rings KK Carrots Apricot Crisp	<b>20</b> Chef Salad (Turkey, Ham, Lettuce, Tomato & Cheese) Hard Boiled Egg Ranch Drsg.. Dinner Roll, Red Grapes Ice Cream Sundae	<b>21</b> BBQ Chicken Roasted Vegetables Broccoli Salad Cracked Wheat Bread Strawberries	<b>22</b> Meatloaf W/ Gravy Mash Potatoes Brussel Sprouts Ambrosia Salad WW Dinner Roll, Cranberry Juice Fruit & Pudding Dessert	<b>23</b> Cream of Potato Soup Baked Cod Cajun Style Mixed Vegetables Creamed Corn Muffins Fruit Cocktail
<b>26</b> Turkey & Strawberry Salad (Romaine Lettuce, Turkey Breast, Strawberries, Avocado, Red Onions, Garbanzo Beans Gorgonzola & (Candied Pecans) Bread Stick Banana Royal	<b>27</b> Roast Pork Tenderloin Potato Salad Honey Dijon Vegetables Spring Salad Tangy Yogurt Salad Drsg. Simmered Beans w/ Bacon Tropical Fruit Cup	<b>28</b> Cheeseburger on WW Bun w/ Lettuce Tomato Onion & Pickle Spear, Potato Chips Tri Colored Pasta Salad White Grape Watermelon	<b>29</b> Chicken Parmesan Tossed Salad With SF Italian Dressing Green Beans Pineapple Chunks	<b>30</b> Crab Stuffed Tomato Lettuce, Hard Boiled Egg Carrot Sticks w/ Ranch Ls V-8 Juice, ww Roll Honeydew Melon

--	--	--	--	--