



AGING & DISABILITY RESOURCE CENTER

August 2024

Monday	Tuesday	Wednesday	Thursday	Friday			
<p>Suggested Contribution: \$5/meal.</p> <p>Please pay as much as you can afford. We rely on donations to keep the program going.</p>			<p>Meatballs w/ Tomato Sauce Garlic Herb Breadstick Whole Wheat Pasta Broccoli & Cauliflower Cucumber Tomato Salad Chocolate Chip Cookies</p>	<p>Ranch Crusted Chicken Sandwich Lettuce & Tomato Home Fries Baked Beans Fruited Gelatin</p>			
			<p>Baked Fish Rye Bread Roasted Potatoes Brussels Sprouts Apricots Fruit & Cereal Bar</p>	<p>Sloppy Joe BBQ Black Beans Carrot Salad Fresh Seasonal Fruit Fig Newton Cookies</p>	<p>BBQ Chicken Breast Whole Wheat Bread Au Gratin Potatoes Peas Cinnamon Applesauce</p>	<p>Vegetable Soup Chicken Apple Walnut Salad on a Croissant Broccoli Vinaigrette Tropical Fruit Yogurt</p>	<p>Country Meatloaf w/ Gravy Whole Grain Dinner Roll Mashed Potatoes Carrots Peaches & Strawberries Fudge Brownie</p>
			<p>Hot Dog on a Bun Tater Tots Baked Beans Cherry Tomatoes w/ Ranch Lorna Doone Shortbread Cookies</p>	<p>Sausage & Egg Breakfast Sandwich Hash Browns Warm Spiced Peaches Fruit Juice Granola Bar</p>	<p>Chicken Alfredo Whole Grain Dinner Roll Carrots Mixed Fruit Oatmeal Raisin Cookie</p>	<p>Chef's Salad Apple Cinnamon Muffin w/ Apple Jelly Banana Pudding</p>	<p>Chicken Fajitas Cilantro Lime Brown Rice Mexican Coleslaw Mandarin Oranges</p>
			<p>Swedish Meatballs Whole Wheat Dinner Roll Whole Wheat Pasta Broccoli Mixed Fruit</p>	<p>Hearty Minestrone Soup Seafood Salad Sandwich Lettuce & Tomato Garden Salad Fruited Gelatin</p>	<p>Roast Beef w/ Gravy Whole Grain Dinner Roll Mashed Potatoes Glazed Carrots Mixed Berries</p>	<p>Sweet & Sour Chicken Stir Fry Whole Grain Dinner Roll Vegetable Fried Rice Green Beans Pineapple & Mandarin Oranges Lemon Cookies</p>	<p>Glazed Ham Whole Wheat Bread Baked Beans Cucumber & Onion Salad Blueberry Pie</p>
			<p>Pasta w/ Meat Sauce Garlic Herb Breadstick Italian Vegetable Blend Garden Salad Fresh Seasonal Fruit</p>	<p>Seasoned Chicken Breast Whole Grain Dinner Roll BBQ Black Beans Roasted Corn Mandarin Oranges Chocolate Chip Cookies</p>	<p>Hamburger Lettuce & Tomato Roasted Potatoes Carrots Rice Crispy Bar</p>	<p>Citrus Herb Pork Chop Whole Wheat Bread Maple Mashed Sweet Potatoes Creamy Coleslaw Fudge Brownie</p>	<p>Cod Sandwich Tater Tots Irish Vegetable Blend Mixed Fruit & Cottage Cheese</p>

All Meals are Served with 1% Milk | Due to circumstances beyond our control, menu changes may occur from time to time.
Suggested Contribution: \$5/meal | Please pay as much as you can afford, as we rely on donations from participants to keep the program going.