



AGING & DISABILITY RESOURCE CENTER

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Chicken Breast Whole Grain Bread AuGratin Potatoes Seasoned Green Beans Cinnamon Applesauce	4 Sloppy Joe Hamburger Bun BBQ Black Beans Carrot Salad Fresh Seasonal Fruit Fig Newton Cookies	5 Chicken Apple Salad on a Croissant Broccoli Vinaigrette Tropical Fruit Blueberry Cookie	6 Meatloaf with Gravy Whole Grain Dinner Roll Mashed Potatoes Glazed Carrots Peaches & Strawberries Powder Sugar Dusted Fudge Brownie	7 Scalloped Potatoes with Ham Rye Bread Peas Apricots Fruit & Grain Cereal Bar
10 French Toast Sticks with Syrup Cheesy Scrambled Eggs Hashbrown Warm Spiced Peaches Grape Juice	11 Hot Dog on a Bun Baked Beans Seasoned Green Beans Caprese Salad Fruited Gelatin with Pears	12 Chicken Alfredo with Penne Pasta Whole Grain Dinner Roll Glazed Carrots Mixed Fruit Oatmeal Raisin Cookie	13 Chef's Salad Strawberry Banana Yogurt Banana Zucchini Muffin	14 Grilled Montreal Chicken Sandwich Lettuce Leaf & Tomato Slice & Honey Mustard Sauce Grilled Vegetables Apple Coleslaw Mandarin Oranges
17 Swedish Meatballs Egg Noodles Whole Grain Dinner Roll Seasoned Broccoli Mixed Fruit	18 Seafood Salad Sandwich Calico Coleslaw Vinaigrette Black Bean & Corn Quinoa Salad Mixed Berries	19 Roast Beef with Gravy Whole Grain Dinner Roll Mashed Potatoes Glazed Carrots Fruited Gelatin w/ Mandarin Oranges	20 Baked Macaroni & Cheese w/ BBQ Chicken Whole Grain Dinner Roll Seasoned Green Beans Zucchini & Tomatoes Pineapple & Mandarin Oranges Pudding	21 Glazed Ham Whole Grain Bread Baked Beans Marinated Cucumber & Onions Blueberry Pie
24 Pasta with Meat Sauce Whole Grain Dinner Roll Italian Vegetable Blend Garden Salad Fresh Seasonal Fruit	25 Seasoned Chicken Breast Sourdough Bread BBQ Black Beans Roasted Corn Mandarin Oranges Chocolate Chip Cookie	26 Hamburger on a Bun Lettuce Leaf & Tomato Slice Potatoes Carrots Spiced Peach Cobbler	27 Grilled Citrus Herb Pork Chop Whole Grain Bread Maple Mashed Sweet Potatoes Seasoned Green Beans Creamy Coleslaw Powdered Sugar Dusted Fudge Brownie	28 Lemon Parsley Cod Rye Bread Seasoned Home Fries California Vegetable Blend Mixed Fruit Cottage Cheese