

**Center Name\_Butler , Adrian, & Rich Hill      August 2017 FY'18      HDM Menus**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Unsweetened fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy alternatives</p>	<p>August 1 Manicotti ♥Honey Carrots ♥Peas Garlic Bread Dessert</p>	<p>August 2 Apricot Pork Roast ♥Whipped Sweet Potatoes ♥Broccoli Wheat Bread Dessert</p>	<p>August 3 Sweet &amp; Sour Chicken w/ Rice ♥Oriental Vegetables ♥Cauliflower Wheat Roll Dessert</p>	<p>Brunch Day August 4 Sausage Gravy ♥Tri Taters ♥Rosy Applesauce Biscuit Cinnamon Roll</p>
<p>August 7 Pineapple Ham Steak ♥Au Gratin Potatoes ♥Honey Carrots Wheat Bread Dessert</p>	<p>August 8 Salisbury Steak ♥Baked Potato ♥Baked Apples Wheat Roll Dessert</p>	<p>August 9 Fried Fish Fish ♥Green Beans ♥California Vegetables Cornbread Dessert</p>	<p>August 10 Spaghetti/ Meat Sauce ♥Creamed Peas and Potatoes ♥Stewed Tomatoes Wheat Bread Dessert</p>	<p>August 11 Lasagna ♥Tater Tots ♥Garlic/Rosemary Vegetables Garlic Bread Cook's Feature</p>
<p>August 14 Fried Pork Chop ♥Whipped Sweet Potatoes ♥Broccoli/Cauliflower Hush Puppies Dessert</p>	<p>Brithday Day August 15 Meat Loaf ♥Mashed Potatoes &amp; Gravy ♥Roasted Brussel Sprouts Wheat Bread Dessert</p>	<p>August 16 Polish Sausage/Kraut ♥Baked Beans ♥Baby Carrots Wheat Bun Dessert</p>	<p>August 17 Fried Chicken ♥Mashed Potatoes/Gravy ♥Green Beans Wheat Bread Dessert</p>	<p>August 18 Loose Meat Sandwich ♥Savory Potato Wedges ♥Peas Wheat Bun Cook's Feature</p>
<p>August 21 Shepherd's Pie ♥Breaded Tomatoes ♥Garlic/Rosemary Vegetables Wheat Roll Dessert</p>	<p>August 22 B.O Pork ♥Black Beans ♥California Vegetables Wheat Bun Dessert</p>	<p>August 23 Fried Fish ♥Broccoli Rice Casserole ♥Pickled Beets Hush Puppies Dessert</p>	<p>August 24 Roast Turkey ♥Mashed Potatoes/Gravy ♥Green Beans Wheat Roll Dessert</p>	<p>August 25 Glazed Ham ♥Yams ♥Roasted Asparagus Wheat Bread Cook's Feature</p>
<p>August 28 Cheeseburger ♥Baked Beans ♥Sliced Tomatoes Wheat Bun Dessert</p>	<p>August 29 Manicotti ♥Honey Carrots ♥Peas Garlic Bread Dessert</p>	<p>August 30 Apricot Pork Roast ♥Baked Sweet Potatoes ♥Broccoli Wheat Bread Dessert</p>	<p>August 31 Sweet &amp; Sour Chicken w/ Rice ♥Oriental Vegetables ♥Cauliflower Wheat Roll Dessert</p>	<p>♥Indicates Heart Healthy Item <b>Bold underlined items meet the 2010 nutrition guidelines for senior nutrition</b></p>

\*Menu subject to change according to availability

