

Warrensburg Senior Center

August 2020 FY'21

Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">August 3</p> <p><u>Garlic Lime Fish</u> ♥<u>Honey Carrots</u> ♥<u>Cauliflower</u> Garlic Wheat Roll Peach Crisp</p>	<p style="text-align: right;">August 4</p> <p><u>Rueben sandwiches</u> ♥<u>Sauerkraut</u> ♥<u>California Vegetables</u> Rye Bread Peanut Butter Cookies</p>	<p style="text-align: right;">August 5</p> <p><u>BBQ Beef</u> ♥<u>Baked Beans</u> ♥<u>Peas</u> Corn Bread Lemon Bars</p>	<p style="text-align: right;">August 6</p> <p><u>Fried Chicken</u> ♥<u>Corn</u> ♥<u>Broccoli</u> Bread Cherry Starburst Cake</p>	<p style="text-align: right;">August 7</p> <p><u>Roast Turkey</u> ♥<u>Mashed Potatoes/ Gravy</u> ♥<u>3 Bean Salad</u> Bread Cook's Feature</p>
<p style="text-align: right;">August 10</p> <p><u>Chicken Stir Fry w/ Rice</u> ♥<u>Oriental Vegetables</u> ♥<u>Cauliflower</u> Bread Snickerdoodle Cookies</p>	<p style="text-align: right;">August 11</p> <p><u>Apricot Glazed Pork</u> ♥<u>Roasted Garlic Mashed Potatoes/Gravy</u> ♥<u>Normandy Blend Vegetables</u> Corn Bread Spice Cake</p>	<p style="text-align: right;">August 12</p> <p><u>Pineapple Ham</u> ♥<u>Yams</u> ♥<u>Peas</u> Wheat Roll Chocolate Pudding</p>	<p style="text-align: right;">August 13</p> <p><u>BBO Chicken</u> Liver and Onions ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Green Beans</u> Bread Poppy Seed Cake</p>	<p style="text-align: right;">August 14</p> <p><u>Fried Fish</u> ♥<u>Spinach</u> ♥<u>Honey Carrots</u> Hush Puppies Cook's Feature</p>
<p style="text-align: right;">August 17</p> <p><u>BBQ Pork</u> ♥<u>Normandy Blend Vegetables</u> ♥<u>Baked Beans</u> Wheat Bun Brownies</p>	<p style="text-align: right;">August 18</p> <p><u>Meatloaf</u> ♥<u>Mashed Potatoes/ Gravy</u> ♥<u>Italian Vegetables</u> Bread Baked Pineapple</p>	<p style="text-align: right;">August 19</p> <p><u>Ham and Beans</u> ♥<u>Peas and Carrots</u> ♥<u>Spinach</u> Corn Bread Cinnamon Roll</p>	<p style="text-align: right;">August 20</p> <p><u>Fried Chicken</u> ♥<u>Broccoli</u> ♥<u>Mashed Potatoes/Gravy</u> Bread Cherry, Peach Dump Cake</p>	<p style="text-align: right;">August 21</p> <p><u>Breaded chicken Sandwich</u> ♥<u>Scalloped Potatoes</u> ♥<u>Green Beans</u> Wheat Bun Cook's Feature</p>
<p style="text-align: right;">August 24</p> <p><u>Chicken Parmesan</u> ♥<u>Italian Vegetables</u> ♥<u>Spinach</u> Garlic Roll Lemonade Cake</p>	<p style="text-align: right;">August 25</p> <p><u>Enchiladas</u> ♥<u>Black beans</u> ♥<u>Broccoli</u> Bread Sopapillas with Honey</p>	<p style="text-align: right;">August 26</p> <p><u>Cheeseburger</u> ♥<u>California Blend</u> ♥<u>Rosemary Roasted Potatoes</u> Wheat Bun Banana Cake</p>	<p style="text-align: right;">August 27</p> <p><u>BBQ Chicken</u> ♥<u>Normandy Blend Vegetables</u> ♥<u>Corn</u> Bread Oatmeal and Raisin Cookies</p>	<p style="text-align: right;">August 28</p> <p><u>Tuna and Noodles</u> ♥<u>Honey Carrots</u> ♥<u>Green Beans</u> Wheat Roll Cook's Feature</p>
<p style="text-align: right;">August 31</p> <p><u>Beef Stroganoff</u> ♥<u>Honey Carrots</u> ♥<u>Cauliflower</u> Bread Apple Crisp</p>	<p>♥Indicates Heart Healthy Item Bold underlined items meet the 2015 nutrition guidelines for senior nutrition</p>	<p>Unsweetened fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy alternatives by request.</p>		

***Menu subject to change according to availability**