



# Home Delivered Nutrition Program

## August 2024 – Menu

29 – <b>Monday</b>	30 – <b>Tuesday</b>	31 - <b>Wednesday</b>	1 – <b>Thursday</b> Shredded Pork w/homemade BBQ Baked Beans Broccoli Cole Slaw Applesauce Bun	2 – <b>Friday</b> Tender Beef Pot Roast w/gravy Whipped Potatoes w/gravy California Blend Apricots Lorna Doones Bread
5 - <b>Monday</b> Beef and Egg Noodles w/gravy Prince Edward Blend Lima Beans Applesauce Bread	6 – <b>Tuesday</b> Sloppy Joe Roasted Sweet Potatoes Seasoned Peas Bun, Apricots SF Vanilla Pudding	7 - <b>Wednesday</b> Lemon Thyme Chicken Rice Pilaf Sliced Carrots Tossed Salad w/French Applesauce Bread	8 – <b>Thursday</b> Chicken Pot Pie Seasoned Broccoli Cauliflower Diced Peaches Graham Crackers 2 packs	9 - <b>Friday</b> Honey Sriracha Pork Garlic Green Beans White Rice Diced Pears Angel Food Cake
12 – <b>Monday</b> Goulash Green Beans Lorna Doones Canned Pears Breadstick	13 – <b>Tuesday</b> Beef Stew Seasoned Wax Beans, Whipped potatoes w/gravy Apricots SF Vanilla Pudding Biscuit	14 – <b>Wednesday</b> Shredded Chicken w/ homemade BBQ Peas Seasoned carrots Modified Cole Slaw SF Chocolate Pudding WW Bun	15 - <b>Thursday</b> Honey Dijon Pork Roasted Sweet Potatoes Italian Vegetable Blend Applesauce, Bread Vanilla Wafers	16 - <b>Friday</b> Tuna Noodle Casserole <b>OR</b> Turkey Patty w/gravy over White Rice Seasoned Broccoli Seasoned Cauliflower Mixed Fruit Graham Crackers Bread
19 – <b>Monday</b> Salisbury Steak w/gravy Zucchini & Tomatoes Whipped Potatoes w/gravy Applesauce Graham Crackers	20 – <b>Tuesday</b> Swiss Chicken Casserole Seasoned Peas and Carrots Seasoned Red Beets Diced Peaches SF Vanilla Pudding	21 - <b>Wednesday</b> Pork Loin w/gravy Bread Dressing w/gravy Spinach w/ vinegar pk Kidney Bean Salad Canned Pineapple Lorna Doones	22 - <b>Thursday</b> Veggie Frittata w/cheese Potatoes O'Brien Sausage Apricots Bread	23 – <b>Friday</b> Baked Meatloaf w/gravy Whipped Potatoes w/gravy Seasoned Wax Beans Mixed Fruit SF Chocolate Pudding Bread
26 – <b>Monday</b> Mexican Chicken & Rice w/cheese Corn Broccoli Mandarin Oranges Graham Crackers Salsa & Sour Cream	27 – <b>Tuesday</b> Sloppy Joe Potatoes O'Brien Wax beans Tossed Salad w/Ranch Bun Pears	28 – <b>Wednesday</b> Shepherd's Pie Lima Beans Tarragon Baby Carrots Apricots Bread	29 – <b>Thursday</b> Tilapia <b>OR</b> Grilled Chicken Breast White Rice Garlic Green Beans Mixed Fruit SF Vanilla Pudding	30 – <b>Friday</b> Chicken Apple Crunch Salad Chopped Lettuce w/ Reg Ranch Apricots SF Vanilla Pudding Bread

\*\*AQF desserts are diabetic-friendly treats for every palate. Our mixes are sugar free or no sugar added, trans fat free, low cholesterol, low sodium and a good source of fiber. SF – sugar free. **\*\*The menu is subject to change\*\***

**All meals served with requested beverage.**

**You will only receive fish alternative if your diet requires “no fish”**