

Congregate Senior Nutrition Program

August 2024 – Menu

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

**SIGN UP 2 DAYS IN ADVANCE – 217-428-3459 / SUGGESTED DONATION \$400
(Full price \$7.50)**