

Congregate Senior Nutrition Program

August 2025 – Menu

4 – Monday Salisbury Steak w/ mushroom gravy Zucchini & Tomatoes Butternut Squash Pineapple Graham Crackers CELEBRATE BDAYS 	5 – Tuesday Swiss Chicken Casserole Peas & Carrots Red Beets Diced Pears Bread SF Vanilla Pudding	6 – Wednesday Pork Loin w/gravy Roasted Sweet Potatoes Spinach Kidney Bean Salad Canned Pineapple Lorna Doones Vinegar packet	7 – Thursday Veggie Frittata w/ Cheese Potatoes O'Brien Sausage Apricots Applesauce Bread w/ Jelly	8 – Friday Meatloaf w/gravy Whipped Potatoes w/gravy Seasoned Wax Beans Mixed Fruit Mandarin Oranges Bread
11 – Monday Mexican Chicken and Rice w/cheese Corn Broccoli Diced Pears Graham Crackers Salsa & Sour Cream	12 – Tuesday Sloppy Joe Potatoes O'Brien Wax beans Cole Slaw Bun Mixed Fruit	13 – Wednesday Shepherd's Pie Lima Beans Black Eyed Peas Applesauce Bread	14 – Thursday Chicken Apple Crunch Salad Chopped Lettuce w/ Reg Ranch Apricots SF Vanilla Pudding Bread	15 – Friday Baked Tilapia OR Grilled Chicken Breast w/ White Rice Garlic Green Beans Butternut Squash Peaches SF Chocolate Pudding
18 – Monday Salisbury Steak w/ mushroom gravy Whipped Potatoes w/ Gravy Beets Mixed Fruit SF Vanilla Pudding Bread	19 – Tuesday Chicken and Noodles Seasoned Cauliflower Cooked Spinach Vinegar Packet Mandarin Oranges SF Chocolate Pudding Speaker @ SC– Mary Garrison	20 – Wednesday Meatloaf w/gravy Whipped Potatoes w/gravy Butternut Squash Baked Apples Lorna Doones Bread Speaker @ OX– Mary Garrison	21 – Thursday Shredded Pork w/ BBQ Baked Beans Broccoli Cole Slaw Pineapple Bun Speaker @ WDS – Mary Garrison	22 – Friday Tender Beef Pot Roast w/ Gravy Whipped Potatoes w/ Gravy California Blend Apricots Vanilla Wafer Bread
25 – Monday Beef & Noodles Capri Vegetables Broccoli Mandarin Oranges Bread	26 – Tuesday Sloppy Joe Roasted Sweet Potatoes Peas & Carrots Bun Apricots Applesauce	27 – Wednesday Lemon Thyme Chicken over Rice Pilaf Sliced Carrots Broccoli Tossed Salad w/ Italian Dressing SF Red Jello Bread	28 – Thursday Chicken Pot Pie Lima Beans Cauliflower Diced Peaches SF Vanilla Pudding	29 – Friday Honey Sriracha Pork Garlic Green Beans over White Rice Oriental Blend Vegetables Diced Pears Angel Food Cake
1 – Monday (Sept) Turkey Goulash Garlic Green Beans Peaches Canned Pears Breadstick	2 – Tuesday (Sept) Beef Stew Seasoned Corn Whipped Potatoes w/ Gravy Baked Apples SF Jello Biscuit	3 – Wednesday (Sept) Shredded Chicken w/ BBQ Peas Butternut Squash Cole Slaw Applesauce Bun	4 – Thursday (Sept) Honey Dijon Pork Roasted Sweet Potatoes Italian Vegetable Blend Bread Peaches	5 – Friday (Sept) Tuna Noodle Casserole or Turkey Patty w/ Gravy over White Rice Broccoli Cauliflower Mixed Fruit Graham Crackers 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 \$4.00
(Full price \$7.50)**