August Lunch Menu Senior Services

Food Vendor Aging True

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|  |  |  |  | 1 Hamburger PattyPinto BeansTomato/LettuceHamburger BunFresh Fruit1% Milk |
| 4 Beef and Rice CasseroleGreen BeansCarrotsWheat BreadFruit Cup1% Milk | 5 Pork SausageNorthern BeansCabbageHot Dog BunFruit Cup1% MilkMustard | 6 Taco MeatPinto BeansMexican CornLettuce/TomatoCheeseTortillaFresh Fruit1% Milk | 7 Chicken SaladGreen Pea SaladGarbanzo Bean SaladSaltine CrackersFresh Fruit1% Milk | 8 Chop Steak and GravyWhipped PotatoesSummer VegetablesWheat BreadFresh Fruit1% Milk |
| 11 Sweet and Sour ChickenFried RiceJapanese VegetablesDinner RollFruit Cup1% Milk  | 12 BBQ Rib PattyRed Beans and RiceCabbageDinner RollFruit Cup1% Milk | 13 Meatballs inSpaghetti SaucePenne NoodlesGreen PeasWheat BreadFresh Fruit1% Milk | 14 Chicken LegsLima BeansCountry VegetablesDinner RollFresh Fruit1% Milk | 15 Hamburger PattyBaked Pinto BeansLettuce/TomatoHamburger BunFresh Fruit1% Milk |
| 18 Chili MacCornGarden VegetablesWheat BreadFruit Cup1% Milk  | 19 Chicken Chow MeinRiceGreen PeasWheat BreadFruit Cup1% Milk | 20 Sloppy JoeMixed BeansCalifornia VegetablesHamburger BunFresh Fruit1% Milk | 21 Chicken SaladPotato SaladLettuce/TomatoWheat BreadFresh Fruit1% Milk | 22 Pork SausageBlackeyed PeasGreen BeansHot Dog BunFresh Fruit1% Milk |
| 25 Meatballs inGravyRanch PotatoesGreen BeansWheat BreadFruit Cup1% Milk | 26 BBQ ChickenMacaroni and CheeseGreen PeasHamburger BunFruit Cup1% Milk | 27 Beef Frito PieCornSpanish RiceCorn Chips Fresh Fruit1% Milk | 28 Orange ChickenDelmonico PotatoesCabbageDinner RollFresh Fruit1% Milk | 29 Hamburger PattyPinto BeansTomatoLettuceHamburger BunFresh Fruit1% Milk |

Menu Prepared by Mandy Patrick, MS,RD,LD with Aging True, 4250 Lakeside Dr. #116, Jacksonville, FL 32210

Menu Approved by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date Approved \_\_\_\_\_\_\_\_\_\_\_\_\_

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