August Lunch Menu Senior Services

Food Vendor Aging True

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|  |  |  |  | 1 Hamburger Patty  Pinto Beans  Tomato/Lettuce  Hamburger Bun  Fresh Fruit  1% Milk |
| 4 Beef and Rice Casserole  Green Beans  Carrots  Wheat Bread  Fruit Cup  1% Milk | 5 Pork Sausage  Northern Beans  Cabbage  Hot Dog Bun  Fruit Cup  1% Milk  Mustard | 6 Taco Meat  Pinto Beans  Mexican Corn  Lettuce/Tomato  Cheese  Tortilla  Fresh Fruit  1% Milk | 7 Chicken Salad  Green Pea Salad  Garbanzo Bean Salad  Saltine Crackers  Fresh Fruit  1% Milk | 8 Chop Steak and Gravy  Whipped Potatoes  Summer Vegetables  Wheat Bread  Fresh Fruit  1% Milk |
| 11 Sweet and Sour Chicken  Fried Rice  Japanese Vegetables  Dinner Roll  Fruit Cup  1% Milk | 12 BBQ Rib Patty  Red Beans and Rice  Cabbage  Dinner Roll  Fruit Cup  1% Milk | 13 Meatballs in  Spaghetti Sauce  Penne Noodles  Green Peas  Wheat Bread  Fresh Fruit  1% Milk | 14 Chicken Legs  Lima Beans  Country Vegetables  Dinner Roll  Fresh Fruit  1% Milk | 15 Hamburger Patty  Baked Pinto Beans  Lettuce/Tomato  Hamburger Bun  Fresh Fruit  1% Milk |
| 18 Chili Mac  Corn  Garden Vegetables  Wheat Bread  Fruit Cup  1% Milk | 19 Chicken Chow Mein  Rice  Green Peas  Wheat Bread  Fruit Cup  1% Milk | 20 Sloppy Joe  Mixed Beans  California Vegetables  Hamburger Bun  Fresh Fruit  1% Milk | 21 Chicken Salad  Potato Salad  Lettuce/Tomato  Wheat Bread  Fresh Fruit  1% Milk | 22 Pork Sausage  Blackeyed Peas  Green Beans  Hot Dog Bun  Fresh Fruit  1% Milk |
| 25 Meatballs in  Gravy  Ranch Potatoes  Green Beans  Wheat Bread  Fruit Cup  1% Milk | 26 BBQ Chicken  Macaroni and Cheese  Green Peas  Hamburger Bun  Fruit Cup  1% Milk | 27 Beef Frito Pie  Corn  Spanish Rice  Corn Chips  Fresh Fruit  1% Milk | 28 Orange Chicken  Delmonico Potatoes  Cabbage  Dinner Roll  Fresh Fruit  1% Milk | 29 Hamburger Patty  Pinto Beans  Tomato  Lettuce  Hamburger Bun  Fresh Fruit  1% 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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