

**SENIOR
AUGUST
2019**



**SERVING SENIORS
BOONE
LEE
OGLE
WINNEBAGO
COUNTIES**

**MENU IS SUBJECT
TO CHANGE WITHOUT
NOTICE**


**To make a
reservation
in Rockford**

**815-963-1609
or
1-800-779-1189**

**RESERVATIONS
&
CANCELLATIONS
CALL BY 10:00 AM
THE DAY BEFORE**

***CHOICE A only sent to
MEALS ON WHEELS
CLIENTS**

**THERE ARE
NO
SUBSTITUTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
	8 oz. Low Fat Milk served with all lunches. 		CHEESE RAVIOLI W/ MEATSAUCE BRUSSEL SPROUTS CAULIFLOWER GARLIC BREAD APRICOTS	A.) PEPPER STEAK MASHED POT/GRAVY LIMA BEANS WHEAT BREAD - 2 PINEAPPLE TIDBITS B.) TURKEY/VEGETABLE
5	6	7	8	9
HAMBURGER PATTY WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEACHES	BBQ CHIX BREAST CHEESY POTATOES SEAS. GREEN BEANS DINNER ROLL JELLO W\FRUIT	BAKED PORK CHOP MASHED POT/GRAVY MIXED VEGGIES TOSSED SALAD/DRSG. DINNER ROLL FRUIT COBBLER	SWEET AND SOUR MEATBALLS FLUFFY RICE BLENDED VEGGIES WHEAT BREAD-1 APRICOTS	A.) TROPICAL CHIX SALAD CUCUMBER SLICES CROISSANT MANDARIN ORANGES PINEAPPLE JUICE B.) CHIX SAL./TOMATO
12	13	14	15	16
CREAMY CHICKEN W/ PASTA BROCCOLI BAKED APPLES WHEAT BREAD - 1	MEATLOAF MASHED POT/GRAVY STEWED TOM/ZUCCHINI DINNER ROLL \ BUTTER APRICOTS	ITAL. CHIX SALAD W\GREENS CARROTS, EGGS, CUKES TOMATOES, CHEESE DINNER ROLL \ BUTTER FRUIT JUICE	ITALIAN SAUSAGE W\PEPPERS ON BUN RED POTATO WEDGES ITALIAN BLEND VEGGIES DICED PEACHES	A.) CRISPY FISH SAND. WHEAT BUN POTATO PANCAKES PEAS PINEAPPLE TIDBITS B.) TURKEY/MINESTRONE
19	20	21	22	23
MEATBALL SUB PEAS & CARROTS SEAS. POTATO WEDGES MANDARIN ORANGES	SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES DINNER ROLL APRICOTS	SALISBURY STEAK CHEESY POTATOES GREEN BEANS DINNER ROLL SLICED PEACHES	A) SOUTHWEST SALAD BLK BEANS, CORN, CHEESE CHICKEN,TOMATO,ONION DINNER ROLL W\BUTTER FRUIT JUICE B.) TUNA SAL/CHIX RICE	HOT HAM & CHEESE WHEAT BUN TATOR TOTS BAKED BEANS DICED PEARS
26	27	28	29	30
BBQ RIBLETT WHEAT BUN AUGRATIN POTATOES COIN CARROTS DICED PEARS	CHEF SALAD W\GREENS TURKEY & HAM CUKES, EGGS, TOM, CHEESE DINNER ROLL \ BUTTER MANDARIN ORANGES FRUIT JUICE	LEMON PEPPER CHIX WILD RICE BROCCOLI DINNER ROLL APPLESAUCE	A.) CHEESEBURGER WHEAT BUN TATOR TOTS BAKED BEANS JELLO W\ FRUIT B.) HAM/VEGETABLE	MOSTACCIOLI W\MEATSAUCE BRUSSELL SPROUTS SCAND. BLEND VEGGIES GARLIC BREAD APRICOTS