

SENIOR AUGUST 2022

SERVING SENIORS BOONE LEE OGLE WINNEBAGO COUNTIES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
MENU IS SUBJECT TO CHANGE WITHOUT NOTICE	BAKED HAM WGR WHEAT BREAD - 1 CHEESY POTATOES GREEN BEANS PINEAPPLE TIDBITS	ITAL. CHIX SALAD W\GREENS CARROTS, EGGS, CUKES TOMATOES, CHEESE WGR DINNER ROLL \ BUTTER FRUIT JUICE	A.) BAKED CHICKEN QTR MASHED POT/GRAVY BROCCOLI WGR DINNER ROLL PEACHES B.) R. BEEF/CR. MUSH.	MUSHROOM SWISS BURGER ON WGR BUN BUTTERED RED POT. BAKED BEANS APRICOTS	FISH PATTY MAC & CHEESE WGR BUN CALIF. BLEND VEGGIES STRAWBERRY APPLESC. TARTAR SAUCE
	8	9	10	11	12
To make a reservation in Rockford 815-963-1609 or 1-800-779-1189	JUMBO HOT DOG WGR BUN POTATO WEDGES BAKED BEANS PEACHES KETCHUP/MUSTARD	CHICKEN CAESAR SALAD GREENS, TOMATOES CUKES, , PARM.CHEESE WGR DINNER ROLL \ BUTTER FRUIT JUICE	SPAGHETTI W \ MEATSAUCE GREEN BEANS CAULIFLOWER WGR GARLIC BREAD APRICOTS	A.) HOT TURKEY SAND. MASHED POT/GRAVY MIXED VEGETABLES WGR WHEAT BREAD - 2 CHERRY CRISP B.)HAM/CHIX NOODLE	CHICKEN TACO WGR FLOUR TORTILLA LETTUCE\TOMATO SPANISH RICE \ BEANS FRESH FRUIT
	15	16	17	18	19
RESERVATIONS & CANCELLATIONS CALL BY 10:00 AM THE DAY BEFORE	CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG WGR DINNER ROLL DICED PEARS	CHEF SALAD W\GREENS TURKEY & HAM CUKES, EGGS, TOM, CHEESE WGR DINNER ROLL \ BUTTER MANDARIN ORANGES	POLISH SAUSAGE SAUERKRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE WGR HOT DOG BUN	CHEESE OMELETT SAUSAGE PATTIES WGR BLUEBERRY MUFFIN HOT PEACHES	A.) PEPPER STEAK MASHED POT/GRAVY GLAZED CARROTS WGR WHEAT BREAD - 1 PINEAPPLE TIDBITS B.) TURKEY/VEGETABLE
	22	23	24	25	26
*CHOICE A only sent to MEALS ON WHEELS CLIENTS	HAMBURGER PATTY WGR WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEARS	BBQ CHIX BREAST CHEESY POTATOES SEAS. GREEN BEANS WGR DINNER ROLL FRUIT COCKTAIL	BAKED PORK CHOP MASHED POT/GRAVY CALIF. BLEND VEG. WGR WHEAT BREAD 1 APPLESAUCE	SWEET AND SOUR MEATBALLS FLUFFY RICE BLENDED VEGGIES WGR DINNER ROLL APPLE CRISP	A.) TROPICAL CHIX SALAD CUCUMBER SLICES WGR CROISSANT MANDARIN ORANGES B.) CHIX SAL./TOMATO
	29	30	31		
THERE ARE NO SUBSTITUTIONS	BAKED CHICKEN BREAST MASHED POT \ GRAVY PEAS WGR DINNER ROLL APPLESAUCE	MEATLOAF AUGRATIN POTATOES BRUSSEL SPROUTS WGR WHEAT BREAD 1 DICED PEARS	ITAL. CHIX SALAD W\GREENS CARROTS, EGGS, CUKES TOMATOES, CHEESE WGR DINNER ROLL \ BUTTER FRUIT JUICE		8 oz. Low Fat Milk served with all lunches.