



Senior Nutrition Program August 2009

Mon	Tue	Wed	Thu	Fri
3 Salisbury Steak w/ Mushroom Gravy Buttered Noodles Peas, Roll	4 Hawaiian Chicken-Burger Baked Beans Coleslaw Fruit	5 Navy Bean Soup Chef Salad Bread Stick Cherry Crisp	6 Belgian Waffles w/ Strawberries Veggie Sausage Scrambled Eggs Bananas	7 Tomato Soup Tuna Fish Sandwich Three Bean Salad Melon Medley
10 White Chicken Enchilada Bake Southwest Corn Spanish Rice Tropical Fruit	11 Polish Dog Pasta Salad Fruit Cookies	12 Broccoli Cheese Soup Fish Sticks Coleslaw, Fruit	13 Beef Teriyaki Oriental Vegetables Rice Pineapple w/Coconut	14 Summer Picnic Turkey Sandwich Potato Salad Carrots/Celery Watermelon/Cookie
17 Cheeseburger Spinach Salad French Fries Melon	18 Florentine Fish Rice Pilaf Mixed Vegetable Roll, Fruit	19 Vegetable Soup Philly Steak Sandwich Green Salad Grapes	20 Chicken Strips Sweet Potato Fries Caesar Salad Roll, Fruit	21 Happy Birthday Ham/Macaroni Cheese Bake Vegetable Blend Roll Peach Cobbler
24 Tropical Chicken Green Salad Bread stick Berries w/ Topping	25 Pork Roast Baked Potato Vegetable Blend Roll Applesauce	26 Chicken Rice Soup Turkey Salad Croissant, Fruit Carrot Raisin Salad	27 Ivar's Clam Chowder Tuna Melt Pea Salad, Fruit	28 Hot Beef Sandwich w/ Gravy Mashed Potatoes Green Beans Fruit
31 Roast Turkey Roasted Potatoes Tossed Salad Harvard Beets Cake				

For reservations, call (360) 829-2095 OR (253) 474-1200.

Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change. Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.