

# August 2017 Menu

Served at 11:30am M-F at both Active Adult Centers

Menu items are subject to change due to availability of food items. Items marked with \*\* contain pork or pork products.

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>
 <b>EAST VALLEY</b> ADULT RESOURCES	Whole wheat spaghetti w/ meat sauce Garden salad Spinach Fresh plums	Sweet & sour pork** Brown rice Broccoli Japanese blend Mandarin oranges	Herb roasted chicken breast Scalloped potatoes Four-way blend Whole grain roll Pudding	Breaded catfish Battered French fries Normandy blend Whole grain roll Ambrosia
<b>7th</b>	<b>8th</b>	<b>9th</b>	<b>10th</b>	<b>11th</b>
Shepherd's pie Mashed potatoes Brussels sprouts Whole grain roll Pineapple tidbits	Open-face turkey sandwich Cranberry mashed yams Green beans w/ mushrooms Whole grain bread Spice cake	Bratwurst w/ sauerkraut** German potato salad Peas & carrots Whole grain bun Sliced pears	Tuna casserole Corn Stewed tomatoes Whole grain roll Cantaloupe	Scrambled eggs** Biscuit w/ sausage gravy Roasted potatoes Banana
<b>14th</b>	<b>15th</b>	<b>16th</b>	<b>17th</b>	<b>18th</b>
Cheese manicotti w/marinara Italian blend Yellow squash Breadstick Fresh orange	Pepper steak w/ egg noodles Oriental blend Broccoli Whole grain roll Cherry crisp	Baked ham** Baked yams Cauliflower Whole grain roll Tropical fruit	Spinach & mushroom quiche Peas & pearl onions Dill roasted tomato Whole grain roll Mandarin oranges	BBQ chicken thigh French fries Succotash Whole grain roll Mango
<b>21st</b>	<b>22nd</b>	<b>23rd</b>	<b>24th</b>	<b>25th</b>
Elbow mac beef goulash Collard greens Buttered corn w/ red peppers Whole grain roll Nutmeg apple slices	<b>Birthday Celebration</b> Chicken picatta Baked potato Key Biscayne blend Whole grain roll Birthday cake	Vegetable lasagna Garden salad Spinach Whole grain roll Fruit cocktail	Swedish meatballs w/ egg noodles** Broccoli Wax beans Whole grain roll Apricots	Chicken salad plate 3 bean salad Cucumber salad Whole wheat crackers Fruit Jell-O
<b>28th</b>	<b>29th</b>	<b>30th</b>	<b>31st</b>	
Cheese tortellini w/cream sauce Baby carrots Brussel sprouts Whole grain roll Fresh fruit	Country breaded beef Mashed potato Chef's blend Whole grain roll Applesauce	Mexican pork stew** Brown rice Rancho fiesta Chef's blend Whole wheat tortilla Peanut butter cake	Hamburger deluxe Baked beans French fries Whole grain bun Watermelon	<i>East Valley Adult Resources, Inc is funded in part by Area Agency on Aging - Region One.</i>