

# August 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b> Ham w/Honey Dijon sauce, Scalloped Potatoes, Garden Salad, Milk, Fruit</p> <p><i>Cal:952, Carb: 83g Fib:11g, Fat 52g Sodium 1186</i></p>	<p><b>2</b> BBQ Chicken with Baked Beans And Honey Cornbread Milk, Garden Salad, Yogurt &amp; Peaches</p> <p><i>Cal:1598, Carb: 193g Fib:19g, Fat 67g Sodium 1325</i></p>	<p><b>3</b> Vegetable Lasagna w/ Garlic bread, Garden Salad, Milk, Fresh Berries, Vanilla Cake</p> <p><i>Cal:952, Carb: 83g Fib:11g, Fat 52g Sodium 1186</i></p>	<p><b>4</b> Salmon with Dill Sauce Orzo Pasta and Broccoli with toasted Almonds Milk, Garden Salad , Scones</p> <p><i>Cal:2020, Carb: 165g Fib:25g, Fat 110g Sodium 1851</i></p>	<p><b>5</b> Beef Stuffed Bell Peppers,Baked Parmesan Zucchini, Milk, Garden Salad,Milk, Fruit</p> <p><i>Cal:983, Carb: 29g Fib:11g, Fat 56g Sodium 737</i></p>	<b>6</b>
<p><b>8</b> Fish Tacos with Cabbage &amp; Baja Sauce, Cilantro Rice, Milk, Garden Salad, Fruit, Blondies</p> <p><i>Cal:1064, Carb: 129g Fib:14g, Fat 41g Sodium 856</i></p>	<p><b>9</b> Pork Kielbasa with Sauteed Cabbage and German Potato Salad Milk, Garden Salad, Cottage Cheese &amp; Pineapple, Roll w/butter</p> <p><i>Cal:1570, Carb: 128g Fib:12g, Fat 88g Sodium 3577</i></p>	<p><b>10</b> Meatloaf with Gravy, Skillet Potatoes, Roll &amp; Butter, Milk, Garden Salad, Ambrosia Salad</p> <p><i>Cal:1130, Carb: 130g Fib:15g, Fat 49g Sodium 1090</i></p>	<p><b>11</b> Chef Salad, Fresh Berries, Croutons, Grilled Cheese Sandwich With Tomato Basil Soup, Milk,</p> <p><i>Cal:651, Carb: 42g Fib:8g, Fat 30g Sodium 974</i></p>	<p><b>12</b> Stuffed Portabello Mushrooms, Naan Bread &amp; Hummus, Milk, Garden Salad, Carrot Cake,</p> <p><i>Cal:, Carb: g Fib:g, Fat g Sodium</i></p>	<b>13</b>
<p><b>15</b> Curry Chicken w/ Jasmine Rice, Roasted Cauliflower, Milk, Garden Salad, Chai Pudding w/ toasted almonds, Fruit</p> <p><i>Cal:, Carb: g Fib:g, Fat g Sodium</i></p>	<p><b>16</b> Crispy Baked Catfish w/Tarter Sauce, Wilted Spinach, Milk Garden Salad. Cherry Crisp</p> <p><i>Cal:, Carb: g Fib:g, Fat g Sodium</i></p>	<p><b>17</b> Harvest Chicken Salad Wrap,Macaroni Salad, Garden Salad, Milk Yogurt &amp; Fruit, Blueberry Cakes</p> <p><i>Cal:, Carb: g Fib:g, Fat g Sodium</i></p>	<p><b>18</b> Hawaiian Pork with Peppers over Coconut Rice with Sauteed Vegetables, Milk, Garden Salad, Mango Salad</p> <p><i>Cal:, Carb: 83g Fib:g, Fat g Sodium</i></p>	<p><b>19</b> Vegetable Tamale Pie, Refried Beans, Milk, Garden Salad, Strawberries</p> <p><i>Cal:1094, Carb: 140g Fib:13g, Fat 45g, Sodium 796</i></p>	<b>20</b>
<p><b>22</b> Ginger Lime Shrimp w/ Rice, Caribbean Beans, Milk, Garden Salad, Tropical Fruit, Fortune cookies</p> <p><i>Cal:, Carb: g Fib:g, Fat g Sodium</i></p>	<p><b>23</b> Spaghetti Bolognese, Green Beans, w/Focaccia Bread Milk, Garden Salad, Fruit, Scones</p> <p><i>Cal:, Carb: g Fib:, Fat g Sodium</i></p>	<p><b>24</b> Chicken Piccata with Vegetable Gratin, Focaccia Bread, Milk, Garden Salad,Cottage Cheese &amp; Mandarin Oranges</p> <p><i>Cal:, Carb: g Fib:g, Fat g Sodium</i></p>	<p><b>25</b> Pork Tenderloin w/ Carmelized Onions &amp; Apple Chutney, Cous-Cous, Milk, Garden Salad, Blueberry Cobbler</p> <p><i>Cal:, Carb: g Fib:11g, Fat g Sodium</i></p>	<p><b>26</b> Pasta Primavera w/Marinara Sauce, Garlic bread, Milk, Garden Salad,Fruit, Carrot Cake</p> <p><i>Cal:, Carb: g Fib:g, Fat g Sodium</i></p>	<b>27</b>
<p><b>29</b> New England Clam Chowder w/ Herb butter Oyster crackers, Milk, Antipasto Salad w/ Balsamic Vin. Strawberry/Rhubarb Crisp,</p> <p><i>Cal:952, Carb: 83g Fib:11g, Fat 52g Sodium 1186</i> +</p>	<p><b>30</b> Green Chili Pork, Pinto Beans, Tortillas, Garden Salad, Milk,Watermelon</p> <p>Choc Cake</p>	<p><b>31</b> Grilled Turkey, Swiss &amp; Tomato Sandwich, Roasted Delicata Squash, Milk, Garden Salad, Yogurt and Blueberries,</p>	<p style="text-align: center;">Month 2022 Cal. - Calories, Fat - Fat, Sod. - Sodium, Fib. - Fiber, Carb. - Carbohydrates <i>Full Nutrition Analysis for menu available upon request</i></p>	<p style="text-align: center;"><i>Thanks for Supporting our meal programs with your \$5.00 suggested donations. This gives us the opportunity to serve more meals.</i></p>	<p style="text-align: center;">Aug 2022 In the Community Café Or Meals on Wheels For Reservations Call or Text <b>970-264-2167</b> by 9am</p>

