

August 2021

PEACE, INC. - FSD		SENIOR NUTRITION		OFFICE FOR AGING & YOUTH
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Golden Chicken Quarter Red Skin Potatoes Capri Blend Vegetables Wheat Bread Margarine Milk Fresh Orange	Roast Turkey / Gravy Stuffing Country Blend Wheat Bread Margarine Milk Diced Peaches	Baked Ham Scalloped Potatoes California Blend Wheat Bread Margarine Milk Tropical Fruit Salad	Sweet and Sour Chicken Rice Oriental Vegetables Wheat Bread Margarine Milk Fresh Honeydew Melon	Meat Lasagna Broccoli Italian Bread Margarine Milk Cookie
9	10	11	12	13
Roast Pork / Gravy Mashed Potatoes Pea's / Pearl Onions Wheat Bread Margarine Milk Fresh Cantaloupe	Bacon Tomato Chicken Salad Chef Salad Vinaigrette Dressing Bun Milk Cookie	Tuna Salad on Wheat Kaiser Roll Vegetable Pasta Salad Whole Wheat Bun Milk Diced Peaches	Chopped Steak with Gravy Mashed Potatoes Sliced Carrots Wheat Bread Margarine Milk Diced Pears	Spanish Rice Casserole Broccoli Florets Dinner Roll Margarine Milk Cookie
16	17	18	19	20
Chicken Ala King Mixed Vegetables Biscuit Milk Diced Peaches	Baked Ziti Italian Sausage Italian Blend Vegetables Italian Bread Margarine Milk Fruit Cocktail	Romaine Salad with Grilled Chicken Caesar Dressing Dinner Roll Margarine Milk Cookie	Sliced Corned Beef Swiss / Rye Coleslaw Thousand Island Dressing Margarine Milk Strawberry Jell-O	Meatball Marinara Pasta Italian Green Beans Italian Bread Margarine Milk Cookie
23	24	25	26	27
Beef Stroganoff Egg Noodles Green Beans Wheat Bread Margarine Milk Applesauce	Italian Chicken /Herb Sauce Stuffing Sliced Carrots Wheat Bread Margarine Milk Diced Pears	Macaroni and Cheese Peas and Carrots Wheat Bread Margarine Milk Mandarin Oranges	Southwestern Style Grilled Chicken Chuckwagon Corn Baked Beans Fresh Watermelon Wheat Bread Margarine Milk	Beef Pot Roast with Gravy Mashed Potatoes Green Beans Wheat Bread Milk Fruit Cocktail
30	31			
Chicken Riggies Cut Asparagus Wheat Bread Margarine Milk Pineapple Tidbits	Meatloaf with Glaze Seasoned Potatoes 4 Way Mixed Vegetables Wheat Bread Margarine Milk Diced Peaches			

All Meals include: Coffee, Tea, Milk
Bread, and Margarine

Menus meet 1/3 of RDA
Menu is Subject to Change

Guest Fee
\$7.00

Suggested Contribution:
\$3.50