

**YOUNG AT HEART**

**August 2020 Calendar**

ALL MEALS INCLUDE 1% MILK, COFFEE TEA, SOUP Whole wheat bread low sodium gravy is used

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
CLOSED	CLOSED					CLOSED
	2	3	4	5	6	7
CLOSED	CLOSED	Egg Salad Boat, chicken noodle soup, tossed salad, fresh fruit	Loaded Mashed potato meatloaf casserole, carrots, fruited Jello	Meat and veggie chef salad with egg, dressing, berry crisp	Sweet & Sour Chicken, onions, peppers, carrots, pineapple over rice, cookie and fruit	8
	9	10	11	12	13	14
CLOSED	CLOSED	Grilled cheese, tomato soup, garden salad, fresh fruit salad	Beef Stroganoff, over noodles, mixed veggies, cake/Fruit	Chicken veggie Primavera, cheese sauce, salad, mandarins oranges	Beef & vegetable stew, biscuit, garden salad, fruit cocktail	15
	16	17	18	19	20	21
CLOSED	CLOSED	Scrambled eggs, sausage, home fries, muffin, fresh fruit salad	Meat/Rice stuffed pepper cassarole, brussel sprouts, pineapple	Oven baked chicken baked potatoes green beans, coleslaw, cake/fruit	Mac & Cheese, stewed tomatoes Broccoli, peaches	22
	23	24	25	26	27	28
CLOSED (8/30/20)	CLOSED (8/31/20)	Chicken gravy veggie pasta casserole, garlic bread, broccoli, Fresh Fruit	Hot Turkey over mashed potatoes, stuffing, peas and carrots, fruit salad	Loaded vegetable quiche, garden salad, cake/cookies	Spagetti and meat sauce, mixed veggies, applesauce	29
						CLOSED

60 years + \$3.50 suggested donation. Under 60 years cost \$5.00

Menu is subject to change without notice due to product availability and Nutritionist.