

# MONTHLY MENU FOR PASCO COUNTY ELDERLY NUTRITION/MEALS ON WHEELS PROGRAM

6/11/09

MONTH: AUGUST 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>August 3</b>                      Baked Meatballs w/Swedish Gravy                      Mashed Potatoes                      Green Peas                      Whole Wheat Bread w/Margarine                      Sugar Cookie                      Low Fat Milk</p> <p>IV</p>	<p><b>August 4</b>                      Vegetable Soup                      Unbreaded Chicken Breast Patty w/                      Tomato Pepper Sauce                      Parsley Rice                      Carrot Cuts                      Whole Grain Wheat Bread w/Margarine                      Mixed Fruit                      Low Fat Milk</p>	<p><b>August 5</b>                      Macaroni &amp; Cheese                      Stewed Tomatoes                      Green Beans                      Whole Grain Wheat Bread w/Margarine                      Graham Crackers                      Low Fat Milk</p>	<p><b>August 6</b>                      Breaded Veal Parmesan w/Marinara                      Sauce                      Garlic Mashed Potatoes                      Broccoli                      Whole Grain Wheat Bread w/Margarine                      Diced Peaches                      Low Fat Milk</p>	<p><b>August 7</b>                      Swiss Steak w/Country Gravy                      Au Gratin Potatoes                      Mixed Vegetables                      Whole Grain Wheat Bread w/Margarine                      Applesauce                      Low Fat Milk</p>
<p><b>August 10</b>                      Turkey Divan Casserole w/Pasta &amp;                      Vegetables                      Green Beans                      Carrot Cuts                      Whole Grain Wheat Roll w/Margarine                      Fresh Fruit                      Low Fat Milk</p> <p>I</p>	<p><b>August 11</b>                      Minestrone Soup                      Pork Patty w/Brown Gravy                      Herb Mashed Potatoes                      Garlic Spinach                      Whole Grain Wheat Bread                      Raisins                      Low Fat Milk</p>	<p><b>August 12</b>                      Grilled Chicken Patty Sandwich                      Pinto Beans w/Tomato                      Whole Kernel Corn                      Hamburger Bun                      Chocolate Pudding                      Low Fat Milk</p>	<p><b>August 13</b>                      Beef Stew w/Vegetables in Gravy                      Parsley White Rice                      Warm Applesauce                      Whole Grain Wheat Bread w/Margarine                      Low Fat Milk</p>	<p><b>August 14</b>                      Breaded Fish Fillet w/Tartar Sauce                      Potatoes Florentine w/Cheese                      Stewed Tomatoes                      Whole Grain Wheat Bread w/Margarine                      Diced Peaches                      Low Fat Milk</p>
<p><b>August 17</b>                      Southwest Chicken w/Black Beans &amp;                      Rice                      Green Beans                      Carrot Cuts                      Wheat Bread                      Fresh Fruit                      Low Fat Milk</p> <p>II</p>	<p><b>August 18</b>                      Salisbury Steak w/Gravy                      Whipped Potatoes                      California Vegetable Blend                      Whole Grain Wheat Bread w/Margarine                      Sugar Cookie                      Low Fat Milk</p>	<p><b>August 19</b>                      Sliced Turkey Ham w/Fruit Sauce                      Mashed Sweet Potatoes                      Green Peas                      Whole Grain Wheat Bread w/2 Margarines                      Diced Peaches                      Low Fat Milk</p>	<p><b>August 20</b>                      Hamburger Patty w/Mustard &amp; Ketchup                      Carrot Cuts                      Baked Beans                      Hamburger Bun                      Fresh Fruit                      Low Fat Milk</p>	<p><b>August 21 - Luau</b>                      Baked Chicken Breast Patty w/Sweet &amp;                      Sour Sauce                      Rice Pilaf                      Green Peas w/Mushrooms                      Whole Grain Wheat Bread w/Margarine                      Pineapple Chunks                      Low Fat Milk</p>
<p><b>August 24</b>                      BBQ Pork Riblet                      Seasoned Black Eyed Peas                      Collard Greens                      Cornbread w/Margarine                      Diced Peaches                      Low Fat Milk</p> <p>III</p>	<p><b>August 25</b>                      Grilled Chicken Breast Patty w/Chicken                      Gravy                      Potatoes O'Brien                      Garden Peas                      Whole Grain Wheat Bread                      Oatmeal Cookie                      Low Fat Milk</p>	<p><b>August 26 - Birthday Celebration</b>                      Split Pea Soup                      Baked Meatloaf w/Brown Gravy                      Mashed Potatoes                      Green Beans                      Whole Grain Wheat Bread                      Congregate: Birthday Cake &amp; Ice Cream                      Home Delivery: Birthday Cake &amp; Pudding                      Low Fat Milk</p>	<p><b>August 27</b>                      Jambalaya w/Rice, Sausage, Turkey                      and Turkey Ham                      Black Beans                      Yellow Corn                      Dinner Roll                      Diced Pears                      Low Fat Milk</p>	<p><b>August 28</b>                      Frankfurter w/Mustard                      Baked Beans w/Tomato Bits                      Mixed Vegetables                      Hot Dog Bun                      Applesauce                      Low Fat Milk</p>
<p><b>August 31</b>                      Baked Meatballs w/Swedish Gravy                      Mashed Potatoes                      Green Peas                      Whole Wheat Bread w/Margarine                      Sugar Cookie                      Low Fat Milk</p> <p>IV</p>				