

This menu will be served at the Clearfield, Coalport, DuBois, Karthaus, Kylertown,
& Mahaffey Centers as well as to our Meals on Wheels & More consumers.

August Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Ham Pot Pie Noodles Lima Beans Apple Juice Chocolate Chip Cookies Whole Wheat Bread	3 Salmon Patty Penne Pasta Spinach Cottage Cheese w/Pineapple Whole Wheat Bread	4 Italian Sausage on Roll w/ Peppers & Onions Rice & Beans Fresh Coleslaw Peach Crisp	5 Turkey Stuffing & Gravy Green Beans Banana Whole Wheat Bread	6 Cheeseburger on Roll w/Lettuce & Tomato Hash Browns Trio Baked Beans Fresh Carrot Salad Sugar Cookie
9 Pepper Steak Broccoli Rice Casserole Sliced Carrots Pineapple Tidbits Sandwich Roll	10 Roast Beef w/Gravy Mashed Potatoes Mixed Vegetables Coleslaw Oatmeal Raisin Cookie Dinner Roll	11 Breaded Fish Mac & Cheese Stewed Tomatoes Apple Gingerbread Whole Wheat Bread	12 Cabbage Casserole Mashed Potatoes Green Beans Peaches Whole Wheat Bread	13 Chef's Salad w/ Tomato , Ham, Turkey, Egg, & Cheese Croutons Jello w/Diced Pears Sugar Cookie Whole Wheat Bread
16 Spaghetti Meatballs w/ Sauce Italian Zucchini Warm Applesauce Brownie Italian Bread	17 Baked Ham Brown Rice Pilaf Beets Orange Juice Whole Wheat Bread	18 People's Choice - Coalport Center for Active Living Lasagna Casserole Broccoli Tossed Salad Garlic Bread Sticks Strawberry Mousse	19 Roast Pork Sauerkraut Mashed Potatoes Pear Whole Wheat Bread Graham Crackers	20 Cold Roast Beef & Cheese Sandwich Baked Beans Fresh Cauliflower & Broccoli Nectarine Sandwich Roll
23 Meatloaf w/Gravy Stuffing 5-Mix Vegetables Fresh Orange Whole Wheat Bread	24 Veal Parmesan Rotini w/Sauce Tossed Salad Tropical Fruit Salad Italian Bread	25 Baked Chicken Sweet Potatoes French Cut Green Beans Fresh Coleslaw Oatmeal Cookie Whole Wheat Bread	26 Pot Roast w/Potatoes, Onions, Celery & Carrots Pineapple Juice Chocolate Pudding Graham Crackers Whole Wheat Bread	27 Tossed Salad w/Scoop of Tuna Texas Caviar Croutons Fresh Melon Mix Dinner Roll
30 Turkey Rice Casserole Lima Beans Sweet Potatoes Tropical Fruit Salad Whole Wheat Bread	31 Stuffed Baked Potato w/Chili and Cheese Broccoli Pickled Egg & Beets Jello w/Fruit Cocktail Corn Bread Whole Wheat Bread	<p>Please Note: Margarine & 2% milk served with all meals. Menus subject to change due to product availability. Consumers who have been assigned a special diet by their physician may receive different items from those listed on the menu.</p> <p>Super Foods! Menus items in orange are very high in nutrition and very good for you.</p>		