

Centre Region AAC Menu – August 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Stuff Cabbage Roll Casserole w/ Tomato Sauce Mashed Potatoes Yellow Beans Cantaloupe Whole Wheat Bread	Breaded Fish Sandwich Cole Slaw Pickled Beets Fresh Seasonal Fruit Sandwich Roll Tartar Sauce	Baked Vegetable Lasagna w/Parmesan Cream Sauce Tossed Mixed Green Salad Fresh Seasonal Fruit Dinner Roll	Hamburger Lettuce/Tomato/Onion Potato Salad Coleslaw Watermelon Sandwich Roll, (K/M)
7	8	9	10	11
BBQ Chicken Breast Seasoned Redskin Potatoes Italian Vegetables Sherbet Dinner Roll	Spaghetti with Eggplant Cutlet with Mozzarella Tossed Salad w/ Tomatoes Cottage Cheese Applebutter Garlic Breadstick	Tuna Salad Sandwich Lettuce/Tomato Cream of Spinach Soup w/ Crackers Fresh Seasonal Fruit Whole Wheat Bread	Salisbury Steak w/Gravy Baked Potato Broccoli Banana Pudding w/2 Vanilla Wafers Whole Wheat Bread	Egg & American Cheese Salad Spinach Mix Bacon Dressing Bean Salad Oatmeal Cookie, Breadstick
14	15	16	17	18
Roast Beef w/Gravy Garlic Mashed Potatoes Succotash Fresh Seasonal Fruit White Bread	Egg Salad Sandwich Lettuce & Tomato Italian Wedding Soup w/Crackers Apple 2 Whole Wheat Bread	Fish Taco Fiesta Corn Cabbage Slaw Baked Pineapple Tortilla	Grilled Chicken Salad w/Cheese Tossed Salad w/Tomato, Carrots, Red Cabbage & Dressing Fresh Melon Garlic Breadstick	Meatball Hoagie w/sauce & cheese Sweet Potato Bites Broccoli Sunset Peaches Hoagie Roll
21	22	23	24	25
Sweet Sausage Sandwich Peppers & Onions Italian Green Beans Fresh Seasonal Fruit Sausage Roll	Country Fried Steak w/ Country Gravy Mashed Potatoes Peas Fresh Melon Whole Wheat Bread	Mandarin Chicken Salad Tossed Salad with Tomato Mandarin Oranges Pickled Beets Fresh Seasonal Fruit Bread Stick	Tater Fish Potato Chowder California Blend Vegetables Peaches Cottage Cheese WW Bread	Cheese Steak Sandwich Lettuce & Tomato Parmesan Red Potatoes Tossed Salad Watermelon Hoagie Roll
28	29	30	31	
Roast Chicken Thigh Stuffing Mashed Potatoes Green Beans Gingerbread	Chef Salad (Ham, Turkey, egg & cheese) Mixed Greens w/Tomato, Carrots & Cabbage Diced Pears Garlic Breadstick	All Beef Hot Dog (K/M/O) Baked Beans Corn ¼ c Strawberries Vanilla Ice Cream Hot Dog Roll	Baked Salmon Fillet w/Cream Sauce Wild Rice Baby Carrots Pineapple Tidbits & Cherries WW Bread	

All meals include a serving of 2% milk All meals include a serving of 2% milk **To reserve your meal, call 231-3076 by 10am the day before you plan to visit**

***Adults age 55-59, the lunch cost is \$4.25 (must be paid in advance)**

***Adults age 60 & over, a donation of \$1.50 per meal is requested to help offset some of the cost.**