



Homage Senior Services Nutrition Program Menu

August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Tossed Green Salad Meatloaf with Gravy Baked Potato Dilled Carrots Pineapple Tidbits</p>	<p>2 Southwestern Salad with Chicken, Romaine, Cheese, Beans, Corn and Tomatoes in Tortilla Bowl with Fiesta Dressing Seasonal Fresh Fruit Lemon Pudding</p>	<p>3 Turn Page Over</p>	<p>4 Coleslaw Sloppy Joe Potato Wedges Baked Beans Seasonal Fresh Fruit</p>
<p>7 Tossed Salad Manicotti with 3 Cheeses Marinara Sauce Capri Vegetables Seasonal Fresh Fruit</p>	<p>8 Pickle Beet Salad French Dip Potato Wedges Tropical Fruit</p>	<p>9 Tossed Salad Dijon Chicken Orzo with Peas Broccoli Seasonal Fresh Fruit</p>	<p>10 Turn Page Over</p>	<p>11 Coleslaw Vinaigrette Sweet & Sour Chicken on Rice Stir Fry Vegetables Mandarin Oranges</p>
<p>14 Fiesta Salad Garden Burger Bun Lettuce and Tomato Chips Tropical Fruit</p>	<p>15 Tossed Salad Spaghetti and Meatballs Garlic Bread Capri Vegetables Sherbet</p>	<p>16 Tossed Green Salad Baked Fish with Dill Sauce Roast Potatoes Mixed Vegetables Seasonal Fresh Fruit</p>	<p>17 Turn Page Over</p>	<p>18 Hamburger with Lettuce and Tomato Pasta Salad Baked Beans Seasonal Fresh Fruit</p>
<p>21 Spinach Salad with Hard Cooked Eggs, Cheese, Water Chestnut, Mandarin Oranges Breadstick Fresh Fruit Ice Cream</p>	<p>22 Pea Salad Grilled Turkey/Cheese Sandwich Applesauce Cookie</p> 	<p>23 Coleslaw BBQ Pork on Bun Baked Beans Seasonal Fresh Fruit</p>	<p>24 Turn Page Over</p>	<p>25 Chicken Salad on Croissant Raw Vegetable with Dip Seasonal Fresh Fruit</p>
<p>28 Tossed Green Salad Vegetable Lasagna Garlic Bread Pears</p>	<p>29 Teriyaki Chicken Rice Asian Vegetables Pineapple</p>	<p>30 Broccoli Salad Chicken Ala King in Bread Bowl Brussels Sprouts Seasonal Fresh Fruit</p>	<p>31 Turn Page Over</p>	

1% milk, roll or bread, and fortified margarine are available with all meals. *All fresh produce is subject to availability. Substitutions may be made without notice.* Suggested meal donation for eligible persons is \$3.00. For non-eligible persons, cost is \$6.00 per meal.



Edmonds Senior Center Lunch

August 2017 Every Thursday

11:25 – 12:30PM

Cost: The cost to pay for a lunch on Thursday will be \$4.00

Age requirement: There will be no age requirement to have a lunch on Thursday, everyone pays \$4.00.

You don't need to be a member or be over age 60 to have the lunch.

Menu: We will be coming up with some new lunch entrees. If you have ideas, please let Alma know!

Aug 3 – Tuna Melt, Potato Salad, Fruit, Sundae Bar

Aug 10 – Spinach Salad, Philly Cheesesteak Sandwich, Sweet Potato Fries, Fruit

Aug 17 – Caesar Salad, Costco Pizza, Fruit, Popsicle

Aug 24 – Salad, Broccoli Soup, Fruit, Roll, Cookie

Aug 31 – Corn Salad, Turkey Ranch Club Wrap, Chips, Fruit, Brownie