



Lucas County Senior Nutrition Menu

AUGUST 2018

Mon

Tue

Wed

Thu

Fri

<p>Write your choice of menu option <u>A or B</u> on sign up sheet</p>	<p>Call <u>419-242-9511</u> 24 hrs. in advance to make a reservation</p>	<p>1 A- Baked Ham B- Baked Chicken Thigh Whipped potatoes Spinach Roll Fruit</p>	<p>2 A-Beef Taco Pie B-Chilaquiles casserole Mexican rice Salad Tortilla Apple cherry crisp</p>	<p>3 A- Veal Parmesan B- Turkey Divan Au gratin potatoes Italian veg blend Breadstick Fresh Fruit</p>
<p>6 A- Turkey Breast B- Broccoli/Spinach Quiche Brown rice Stewed tomatoes Bread/applesauce</p>	<p>7 A- Pepper Beef Steak B- Pineapple Chicken Country potatoes Herbed green peas Bread Fresh fruit</p>	<p>8 A- Chef Salad w/Ham B- Chef Salad w/Chicken Pasta salad Saltine crackers Fresh fruit</p>	<p>9 A- Beef/Bowtie Casserole B-Chicken Cacciatore Spinach Italian veg blend Breadstick Fresh fruit</p>	<p>10 A- Hamburger Patty B- BBQ Pork Rib Lettuce/tomato Baked beans Coleslaw Peach cobbler</p>
<p>13 A- Lemon Pepper Chicken B- Beef Stroganoff Lima beans Broccoli/cauliflower Bread Fresh fruit</p>	<p>14 A- Ham & White Beans B- Vegetable Stew Tomato spoon relish Veggie blend Dinner roll Peach cobbler</p>	<p>15 A- Garlic Rosemary Chicken B- Roast Beef Oven roasted potatoes Glazed carrots Bread Fresh fruit</p>	<p>16 A- Beef Fiesta Macaroni B- Parmesan Chicken Spinach Stewed tomatoes Roll Sugar cookie</p>	<p>17 A- Pork Piccata B- Liver/Onions Whipped potatoes Green peas Bread Fresh fruit</p>
<p>20 A- Meatloaf/gravy B- Pineapple Chicken Whipped potatoes Lima beans Roll Fresh Fruit</p>	<p>21 A- Chicken Noodle Casserole B- Beef w/Gravy Spinach and corn Texas bread Mandarin oranges</p>	<p>22 A- Sliced Ham B- Pasta Primavera Sweet Potato Casserole California veggie blend Wheat roll Sugar cookie</p>	<p>23 A- Taco Meat B- Taco Chicken Lettuce/tomato Mexican rice/beans Tortilla Fresh fruit</p>	<p>24 A- Chef Salad w/Ham B- Chef Salad w/Chicken Potato salad Saltine crackers Birthday cake</p>
<p>27 A- Pork Roast w/ Pork sauce B- Mushroom Chicken Brown rice Brussel sprouts Dinner roll Fresh fruit</p>	<p>28 A- Beef Italiano B- Honey Mustard Chicken Baked sweet potato Zucchini Roll Fresh fruit</p>	<p>29 A- Lemon Pepper Chicken B- Savory Beef Patty Roasted potatoes Okra/tomatoes Multi grain bread Chocolate chip cookie</p>	<p>30 A- Spaghetti w/Meat Sauce B- Spinach Lasagna Green beans Breadstick Cherry crisp</p>	<p>31 A- Sausage w/O&P B- Chicken w/Onions and Peppers Corn Coleslaw Hot dog bun Apple cobbler</p>