



August 2022 Congregate Meal Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 1	August 2	August 3	August 4	August 5
1/2c. Chicken Taco Salad 1/2c. Spanish Rice 1/2c Corn Tortilla Chips 1c Lettuce & Tomato 1/2c Pineapple Delight	1/2c. Homestyle Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 White Bread Cookie	1/2c. Chicken & Gravy 1/2c Vegetable Rice Pilaf 1/2c Green Beans 1 Wheat Bread Seasonal Fresh Fruit	Penne & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad 1 Garlic Breadstick 1/2c Mixed Fruit Salad	Egg Omelet w/ Cheese 2 Sausage Links 1/2c Breakfast Potatoes 1 Wheat English Muffin w/ Jelly Seasonal Fresh Fruit
August 8	August 9	August 10	August 11	August 12
Stadium Hot Dog 2oz Sauerkraut 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	1c. Baked Cabbage Casserole w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Birthday Cake!	1/2c. Warm Roast Beef & Cheddar Sandwich 1/2c. Buttered Noodles 1/2c. Corn 1 Sandwich Roll Seasonal Fresh Fruit	Salisbury Steak w/ Gravy Baked Potato w/ Sour Cream 1/2c Green Beans 1 Wheat Bread 1/2c Gelatin	Fiesta Chicken Burrito Bowl (3oz Chicken Breast/1oz Salsa .5oz Cheddar Jack) 1/2c Cilantro Lime Rice 1/2c Black Beans 1/2c Mandarin Oranges
August 15	August 16	August 17	August 18	August 19
Pineapple Glazed Ham 1/2c Sweet Potatoes 1/2c Carrots 1 Wheat Bread 1/2c Sliced Pears	1/2c. Fresh Egg Salad Sandwich Lettuce & Tomato 1/2c Macaroni Salad 1/2c Beets 2 Wheat Bread 1/2c. Cinnamon Applesauce	1/2c. Roasted Pulled Turkey w/ Gravy 1/2 Mashed Potatoes 1/2c Corn 1 Wheat Bread Cookie	1/2c. Hearty Beef Stroganoff 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	Roasted Pork w/ Apples 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Mini Biscuit w/ Apple Butter Seasonal Fresh Fruit
August 22	August 23	August 24	August 25	August 26
1/2c. BBQ Chicken Strips 1/2c Vegetable Rice Pilaf 1/2c Corn 1/2c Sliced Apples 1 Cookie	Meatball Hoagie (4) 1/2c Parmesan Noodles 1/2c Green Beans 1 Sandwich Roll Seasonal Fresh Fruit	1c. Stuffed Pepper Casserole 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots 1 White Bread Fresh Fruit	Crispy Chef Salad 1c Mixed Greens w/ Ham, Tomato, Cheddar, 1/2 Egg 1/2c Three Bean Salad 1 Dinner Roll 1/2c Warm Peach Crumble	1/2c. Smothered Roast Beef 1/2c Scalloped Potatoes 1/2c Peas & Onions 1 White Bread 1/2c Mandarin Oranges
August 29	August 30	August 31		
Baked Meatloaf w/ Gravy 1/2c Ranch Potatoes 1/2c Beets 1 White Bread Seasonal Fresh Fruit	1/2c. Sweet & Sour Chicken w/ 2oz Sauce 1/2c White Rice 1/2c Green Beans 1 Wheat Bread 1/2c Mixed Fruit	Glazed Ham w/ Raisin Sauce 1/2c Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1/2c Pudding		

Please call the center at 717-938-4649 to reserve your meal by 10:30 AM at least one business day in advance.

*** Served daily: 8 ounces milk ~ All meals are subject to change ***