

# August 2021 MENU

Items with \*\*contain pork or pork products. Menu subject to change due to availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pineapple Pork** Zucchini Cole Slaw Whole Wheat Roll Mango	3 Beans & Rice w/ Chicken Okra Carrots Whole Wheat Roll Black Forest Cake Plum	4 Meatloaf w/ Gravy Peas Mashed Potatoes Whole Wheat Roll Grapes	5 Tilapia w/ Hollandaise Brussel Sprouts Rosemary Potatoes Whole Wheat Roll Sliced Pears	6 Beef Tacos w/ Salsa Lettuce, Tomatoes Refried Beans** Tortilla Mandarin Oranges
9 Sloppy Joe Garden Salad Potato Wedges Whole Wheat Bun Watermelon	10 Chicken Salad Sandwich 3-Bean Salad Beets Whole Wheat Bun Honey Dew	11 Shrimp Scampi Corn Roasted Potatoes Whole Wheat Roll Pineapple	12 Stuffed Pepper Garden Salad Peas & Carrots Cornbread Pecan Pie Banana	13 Ground Pork Stroganoff** Cauliflower Mixed Vegetables Whole Wheat Roll Blueberries
16 Baked Potato w/ Cheese & Chili Broccoli Stewed Tomatoes Whole Wheat Roll Orange	17 Honey Garlic Meatballs Green Beans Succotash Whole Wheat Roll Banana	18 Ham Steak w/ Gravy** Coleslaw Mashed Potatoes Whole Wheat Roll Banana	19 Tuna Salad Plate Vegetable Pasta Salad Carrot Sticks Crackers Peach Crisp	20 Summer Beef Stew Collard Greens Cornbread Cantaloupe
23 Balsamic Chicken Bean Sprouts Asparagus Whole Wheat Roll Grilled Apples	24 Roasted Turkey w/ Gravy Lima Beans Mashed Potatoes Whole Wheat Roll Seasonal Fruit	25 Salisbury Steak Spinach Pinto Beans** Whole Wheat Roll Fruited Gelatin	26 Creamy Herb Chicken Broccoli Sugar Snap Peas Brown Rice Whole Wheat Roll Blackberries	27 Fish Sticks Chef's Blend Vegetables Green Beans Whole Wheat Roll Orange
30 Egg Salad Sandwich 3-Bean Salad Beets Croissant Mixed Fruit	31 Cheese Tortellini w/ Marinara Peas & Pearl Onions Zucchini Whole Wheat Roll Apricots		Items with **contain pork or pork products. Menu subject to change due to availability.	Aster Aging is funded in part by Area Agency on Aging Region One