

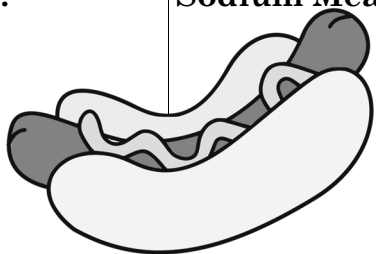
# Monthly Menu August 2018

Crawford County Council on Aging Meals provide 1/2 of the Recommended Daily Allowance (RDA) for adults age 60 and older  
**MENUS APPROVED BY: Licensed Dietician**



If you need to cancel, please call 419-562-3050, (1-800-589-7853), option 2 any day before your scheduled delivery or no later than 8am the day of delivery.

Contact Home Delivered Meals or Nutrition Department by calling 419-562-3505, option 2.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu Subject To Change.</b> 	<b>*Indicates High Sodium Meals</b>	1. Salisbury Steak <u>OR</u> Chicken Tenders California Blend Green Beans Grape Juice Graham Cracker	2. Marzetti <u>OR</u> Chicken Noodles Cheesy Broccoli Corn Banana	3. Chicken Salad <u>OR</u> PB&J Tropical Fruit Peaches & Cottage Cheese Apple Juice
6. Pork Chop <u>OR</u> Brocc/Cheddar Chicken Mashed Potatoes Green Beans Tropical Fruit	7. Sliced Ham <u>OR</u> Turkey Breast Sweet Potatoes Brussel Sprouts Banana	8. Pork Roast <u>OR</u> Meatloaf Mixed Vegetables Mashed Potatoes Mandarin Orange Granola	9. Marzetti <u>OR</u> Chicken Noodles Cheesy Broccoli Pears&Blueberries Corn	10. Pepperoni Pizza <u>OR</u> Corndog Green Grapes Juice Pickled Beets/Egg
13. Chicken Leg <u>OR</u> Cheeseburger Meatloaf Peas & Carrots Broccoli Pineapple Cereal Bar	14. Sloppy Joe <u>OR</u> Sloppy Jack Cheesy Broccoli Tater Tots Pineapple & Cottage Cheese	15. Chicken Broccoli Alfredo <u>OR</u> Turkey Pot Roast Baked Apples Peas & Carrots	16. Hotdog <u>OR</u> Bratwurst Baked Beans Coleslaw Fresh Orange Oreo Cookie	17. Egg Salad <u>OR</u> Chicken Salad Mandarin Oranges Fresh Tomato Brownie
20. Grilled Chicken Bites <u>OR</u> Pork Fritter Brussel Sprout Baked Potato Apple Juice	21. Egg Fritta <u>OR</u> Sausage Sandwich Diced Potatoes Baked Apples Orange Juice Muffin French Toast	22. Pizza Burger <u>OR</u> Hamburger Baked Beans Potato Salad Watermelon Cheese Stick *	23. Shredded Chicken <u>OR</u> Sliced Beef Green Beans Vegetable Blend Mandarin Oranges	24. Stuffed Pepper Soup <u>OR</u> Minestrone Soup Tossed Salad Watermelon Tropical Fruit
27. Turkey Burger <u>OR</u> Chicken Patty Vegetable Blend Baked Potato	28. Egg Fritta <u>OR</u> Blueberry Pancake Wrap Diced Potatoes Baked Apples Fresh Orange	29. Vegetable Lasagna <u>OR</u> Beef & Noodles Peas & Carrots Broccoli Peaches	30. Hamburger <u>OR</u> Chicken Over Mashed Potatoes Corn Tropical Fruit Roll	31. Chili Soup <u>OR</u> Beef Vegetable Soup Tossed Salad Watermelon Apple Juice