

**Saginaw County Commission on Aging
Meals Menu**

August 2016

Monday	Tuesday	Wednesday	Thursday	Friday
1 Omelet 3 Potatoes w/ bacon & onions 19 Bread Pudding w/raisins 23 Fruit Medley 13 Fat Free White Milk 13	2 Layered Dinner 11 Butter Beets 9 Mixed Green Salad 3 Mixed Fruit Salad 8 Whole Wheat Bread 19 Chocolate Milk 20	3 Braised Beef w/ onions & peppers 5 Egg Noodles 10 Capri Vegetables 5 Apple Slices 7 Peanut Butter 5 Fat Free White Milk 13	4 Herb Marinated Chicken 7 Souper Scalloped Potatoes 26 Raspberry Spinach Salad 18 Fruit cup 16 Whole Wheat Bread 19 Chocolate Milk 20	5 Turkey Ala King 12 Mashed Potatoes 19 Prince Charles 6 Pineapple Orange Delight 36 Dinner Roll 16 Chocolate Milk 20
8 Fish Florentine 17 Rice Pilaf 18 Caribbean Blend Vegetables 6 Apricots 18 Dinner Roll 16 Chocolate Milk 20	9 BBQ Chicken 18 Potato Salad 24 Glazed Carrots 16 Mixed Fruit Salad 8 Fat Free White Milk 13	10 Chicken Lasagna 22 Vegetable Medley 10 Tossed Salad 3 Applesauce 12 Texas Toast 20 Fat Free White Milk 13	11 Pot Roast 2 Mashed Potatoes 19 Mixed Vegetables 15 Jell-O w/ fruit 19 Honey Wheat Dinner Roll 14 Chocolate Milk 20	12 Beef Tacos 38 Refried Beans 21 Spanish Rice 23 Strawberry Parfait 39 Chocolate Milk 20
15 BBQ Meatballs 13 Roasted Quartered Redskins 15 Mixed Vegetables 15 Orange 11 Whole Wheat Bread 19 Fat Free White Milk 13	16 Italian Chicken Marinara 38 Brussel Sprouts 9 Cottage Cheese w/ peaches 15 Garlic Breadstick 22 Chocolate Milk 20	17 Turkey Burger Deluxe 27 Potatoes O'Brien 19 Super Sweet Corn 21 Pineapple Tidbits 20 Chocolate Milk 20	18 Roast Pork w/ Gravy 1 Mashed Potatoes 19 Herbed Green Beans 6 Molded Cranberry Fruit Salad 36 Dinner Roll 16 Fat Free White Milk 13	19 Beer Battered Cod 15 Macaroni & Cheese 21 Tomato & Cucumber Salad 9 Ambrosia 24 Dinner Roll 16 Chocolate Milk 20
22 Mushroom Herbed Chicken 4 Brown Rice 17 Vegetable Medley 10 Peaches 14 Dinner Roll 16 Chocolate Milk 20	23 Sloppy Joe 35 Sliced Potatoes 21 Zucchini 3 Fruit Cocktail 15 Fat Free White Milk 13	24 Swiss Chicken 0 Stuffing 5 Green Beans w/ basil 7 Plums 17 Whole Wheat Bread 19 Chocolate Milk 20	25 Hot Roast Beef Open Faced 43 Mashed Potatoes 19 Caribbean Blend Vegetables 6 Chocolate Sundae Cup 20 Fat Free White Milk 13	26 Meatloaf 8 Mashed Potatoes 19 Green Peas 12 Fruit cup 16 Whole Wheat Bread 19 Chocolate Milk 20
29 Pork Chop Columbian 23 Diced Redskin Potatoes 12 Caribbean Blend Vegetables 6 Chilled Pears 16 Dinner Roll 16 Fat Free White Milk 13	30 Steak w/ Hunter Sauce 7 Penne-Wheat Pasta 20 Italian Blend 8 Tropical Fruit 22 Dinner Roll 16 Chocolate Milk 20	31 Chicken Cordon Blue 17 Potatoes Continental 19 Mixed Vegetables 15 Mixed Melon Salad 12 Chocolate Milk 20	<p>Suggested Donation: \$2.25 Call 989-797-6880 for details Menu subject to change without notice</p>	

Grams of Carbohydrates: 15 grams = 1 carb exchange. All menus are prepared with no added salt and a maximum of 1200mg sodium per meal. Menu items may be cooked and/or come into contact with the following food allergen products such as eggs, milk, wheat, fish or peanut products.