

# August

All Ages Welcome!



Lunch Served Between 11:30 a.m. – 12:30 p.m. in Dining Room

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><b>Chicken Tacos</b> w/Onion, Cheese and Salsa Spanish Rice Black Bean &amp; Corn Salad Mixed Fruit Cup</p> 	<p>2</p> <p><b>Italian Beef Bake</b> Peas and Carrots Spinach Salad Van Strawberry Yogurt ADSD #152</p>	<p>3</p> <p><b>Beef Chili Dog with Beans</b> WW Bun Cheese and Onions Mixed Veggies French Fries Seasonal Fruit Apple Juice</p>	<p>4</p> <p><b>Crab Louie</b> Bed of Lettuce Eggs, Tomato, Cucumber &amp; Onion WW Cracker V-8 Chocolate Chip Cookie</p>	<p>5</p> <p><b>Fried Rice with Almonds</b> Mini Chicken Egg Roll Cran Apple Dessert Orange Spinach Salad ADSD#172</p>
<p>8</p> <p><b>Chicken Nuggets</b> Green Beans w/Mushrooms Mashed Sweet Potatoes Tossed Salad Mixed Berry Cup ADSD#166</p>	<p>9</p> <p><b>Tator Tot Casserole</b> Orange Beet Salad Garden Vegetable Blend Apple Crisp</p>	<p>10 <i>Birthday Lunch</i> <b>Grilled Chicken Fettuccini Alfredo</b> Broccoli Spiced Apples Corn Bread <b>BIRTHDAY CAKE</b></p> 	<p>11</p> <p><b>Grilled Cheeseburger</b> Mixed Grain Bun Lettuce and Tomato Baked Beans Mandarins ADSD# 136</p>	<p>12</p> <p><b>Cajun Baked Fish w/Mango Salsa</b> Red Beans and Rice Capri Veggies WW Bread Peach Cobbler</p>
<p>15</p> <p><b>Baked Herbed Chicken</b> Onion Sage Stuffing Green Bean Combo Sliced Peaches WW Honey Roll</p>	<p>16 <i>Bratwurst Day</i> <b>Brats with Grilled Onions</b> WW Bread German Cole Slaw Baked Beans Baked Chips Mixed Fruit Cup</p> 	<p>17</p> <p><b>Meatloaf</b> Mashed Potatoes &amp; Gravy Spiced Pear Slices Buttered Green Peas WW Roll</p>	<p>18 <i>Fajita Day</i> <b>Turkey Fajitas</b> Spanish Rice Ranch Beans Chopped Spinach FF French Dressing Pineapple ADSD #17</p>	<p>19</p> <p><b>Sweet and Sour Chicken</b> Brown Rice Peas and Carrots Spring Green Salad FF French Dressing ADSD#11</p>
<p>22</p> <p><b>Pulled Pork Sandwich</b> Tator Tots BBQ Green Beans Creamy Cole Slaw Seasonal Fruit</p>	<p>23</p> <p><b>Spaghetti w/Meatballs</b> Zucchini Colorful Salad FF Italian Dressing 9 Grain Bread Orange Mango Cup ADSD#39</p>	<p>24 <i>Waffle Day</i> <b>Chicken and Waffles</b> Maple Syrup Green Onions Hash Browns Mixed Berry Cup V8 Juice</p> 	<p>25</p> <p><b>Chili Relleno Bake</b> With Ground Beef and Cheese Refried Beans Spiced Apple Sauce Tortilla Chips</p>	<p>26</p> <p><b>Italian Sausage w/Red Peppers and Onions</b> WW Pasta Steamed Broccoli Green Salad Italian Dressing Banana ADSD#9</p>
<p>29</p> <p><b>Baked Fish</b> Creamy Cole Slaw French Fries Garden Salad Strawberries ADSD#6</p> 	<p>30</p> <p><b>Mediterranean Chicken</b> w/Olives and Artichokes Couscous Greek Lentil Salad Melon</p>	<p>31</p> <p><b>Beef Patty</b> Whipped Potatoes Onion Gravy Garlic Green Beans WW Bread Apple</p>	<p>8 oz. Milk served daily with meals</p> 	<p><b>MENU IS SUBJECT TO CHANGE;</b> Substitutions may be necessary</p>

Age 60 and Over; \$3.00 Suggested Donation Under age 60 \$6.00

WILLIAM N. PENNINGTON LIFE CENTER 952 SOUTH MAINE ST 775-423-7096