

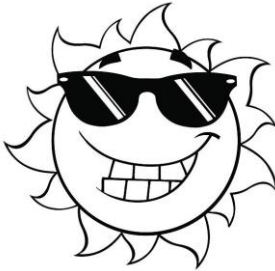

Soup and Salad Bar Wednesdays only at the Senior Center!

Meals are prepared with Low Sodium. MENU SUBJECT TO CHANGE.

No eligible individual shall be denied participation due to inability to pay.

August 2019

Nonfat chocolate milk is available at congregate sites only.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SUGGESTED CONTRIBUTION Dine on-site \$4.50 Meals on Wheels \$4.50 <i>Meals are partially funded by Area 12 Agency on Aging</i> No eligible person shall be denied participation due to inability to pay ~ Under 60 fee \$6.00</p>	<p>Senior Center: Mon.-Fri., noon-1pm, 540 Greeley Rd., Sonora 533-2622. Jamestown Community Hall: Mon. & Wed., noon-1pm, 18250 Main St., Jamestown 768-6640 Groveland (The Little House): Thurs., noon-1pm, 11699 Merrell Rd., Groveland 962-7303</p>		<p>1 Whole Wheat Pizza from scratch w/ marinara sauce, shredded chicken, & part skim mozzarella Spring Mix Salad w/ tomatoes, carrots, & cucumbers Green Beans Orange Wedges Whole Wheat Breadstick/marg Low fat (1%) milk</p>	<p>2 Chicken Whole Wheat Noodle Casserole Roasted Summer Squash Green Salad, w/ garbanzo beans, black olives, & tomatoes Fresh Grapes Whole Wheat Bread/Margarine Low fat (1%) milk</p>
<p>5 Pesto Parmesan Chicken Whole Wheat Pasta Spinach Salad w/ egg, tomato & carrots Italian Blend Vegetables Banana Whole Wheat Bread/margarine Low fat (1%) milk</p>	<p>6 Baked Fish w/ lemon & tartar sauce Broccoli-Cheddar Quinoa Bake Oven Fries Peas Peaches Whole Wheat Bread/Margarine Low fat (1%) milk</p>	<p>7 Egg Bake Pea Pesto WW Pasta Salad Parmesan Green Beans Carrots Honey WW Banana Muffin Apricots Whole Wheat Bread/Margarine Low fat (1%) milk</p>	<p>8 Meatloaf with Gravy Loaded Mashed Potatoes Green Salad, with red onion, tomato, cucumber Pineapple Banana Muffin Whole Wheat Bread/Margarine Low fat (1%) milk</p>	<p>9 Teriyaki Chicken Veggie Brown Rice Asian Veggie Blend Green Salad, tomatoes/carrots Mandarin Oranges Whole Wheat Bread/Margarine Low fat (1%) milk</p>
<p>12 Taco WW Macaroni Casserole Tex-Mex tri-color Cole Slaw Corn Apple Whole Wheat Tortillas/Margarine Low fat (1%) milk</p>	<p>13 Grilled Chicken Breast w/ Mango Tomato salsa Turmeric-Coconut Brown Rice Peas California Blend Veggies Orange Wedges Whole Wheat Bread/Margarine Low fat (1%) milk</p>	<p>14 Jamestown B-day Cupcakes Turkey Meatballs with Gravy Mashed Potatoes Classic Mixed Veggies – peas, Carrots, green beans Honey Whole Wheat Muffin Cranberry-Applesauce Whole Wheat Bread/Margarine Low fat (1%) milk</p>	<p>15 Groveland B-day Cupcakes Chicken Enchilada Casserole Spanish Style Brown Rice Green Salad, tomatoes/carrots Carrots Ambrosia Fruit Salad Whole Wheat Bread/Margarine Low fat (1%) milk</p>	<p>16 Sonora B-day Cupcakes Baked Ham Scalloped Potatoes Brown Rice Salad/Confetti carrots Harvard Beets Pineapple Whole Wheat Breadstick/Marg. Low fat (1%) milk </p>
<p>19 Pork Roulade w/ apple & cornbread filling Sweet Potato Oven Fries California Blend Veggies Orange Wedges Whole Wheat Bread/margarine Low fat (1%) milk</p>	<p>20 Sonoma Chicken Salad w/ fresh grapes Tomato Wedges Mixed greens w/ carrots, cucumbers, broccoli Blueberry Muffin Strawberries, sliced Whole Wheat Bread/Margarine Low fat (1%) milk</p>	<p>21 Lasagna with Meat Sauce Green Salad w/ carrots, tomatoes, cucumbers Green Beans Tropical Fruit Whole Wheat Bread/Margarine Low fat (1%) milk</p>	<p>22 Chef's Table Chicken Cacciatore Whole Wheat Pasta Cesar Salad w/ WW croutons Italian Blend Veggies Pineapple Whole Wheat Roll/Margarine Low fat (1%) milk</p>	<p>23 Salisbury Steak with Gravy Whole Wheat Noodles Tomato cucumber broccoli salad Roasted Baby Carrots Tropical Fruit Whole Wheat Bread/Margarine Low fat (1%) milk</p>
<p>26 Whole Wheat Spaghetti with Meatballs & Marinara Sauce Corn Fresh Banana Whole Wheat Bread/Margarine Low fat (1%) milk</p>	<p>27 Oven-fried Chicken WW Pasta Salad w/ vinaigrette Broccoli Green Salad w/ Carrots, cucumber, & tomato Baked Chunky Applesauce Whole Wheat Bread/Margarine Low fat (1%) milk</p>	<p>28 Stuffed Peppers/Zucchini w/ turkey, brown rice, onions, tomatoes Green Salad, w/ carrots/tomatoes Strawberries Whole Wheat Bread/Margarine Low fat (1%) milk</p>	<p>29 Satay Style Chicken Strips w/ Thai Peanut sauce & chopped peanuts Cilantro-Lime Brown Rice Cucumber/Shredded Carrot Salad Pacific Blend Veggies Mandarin Oranges Whole Wheat Bread/Margarine Low fat (1%) milk</p>	<p>30 Beef Stew w/ Barley Rice Potatoes & Carrots Green Salad w/ carrots, tomatoes, cucumbers Pears Whole Wheat Bread/Margarine Low fat (1%) milk</p>

A special THANK YOU to TERZICH & WILSON FUNERAL HOME- MOTHER LODE CREMATORY for providing copies of this menu