

**SENIOR
AUGUST
2009**

LIFESCAPE
COMMUNITY SERVICES, INC.



SERVING SENIORS IN BOONE LEE OGLE WINNEBAGO COUNTIES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 CHICKEN SUPREME MUSHROOM GRAVY MASHED POTATOES CUT CARROTS VANILLA PUDDING	4 ROAST TURKEY W/ GRAVY CORNBREAD STUFFING CALIFORNIA BLEND VEG DINNER ROLL SLICED PEARS	5 MOSTACCOLI W/ MEATSAUCE ITALIAN BLEND VEG. GARLIC BREAD TROPICAL FRUIT	6 A.) CHICKEN PATTY/BUN CHEESY MASH POT. SCAND. BLEND VEG. COOKIE B.) SOUP & SANDWICH BEEF BARLEY/HAM & CH.	7 CHEF SALAD TURKEY, HAM, CHEESE TOMATO & EGG GOLDFISH CRACKERS RANCH DRESSING CITRUS FRUIT CUP
10 SWEET & SOUR MEATBALLS FLUFFY RICE COIN CARROTS FRESH ORANGE	11 A.) CRISPY CHIX STRIPS RANCH MASHED POT. CALIFORNIA BLEND VEG B.B.Q. SAUCE / COOKIE B.) SOUP & SANDWICH MINESTRONE/TURKEY	12 BAKED PORK CHOP MASHED POT/GRAVY PACIFIC BLEND VEG. DINNER ROLL PEACH COBBLER	13 SPAGHETTI MEATSAUCE FRENCH BREAD SICILIAN BLEND VEG CORN MANDARIN ORANGES	14 FISH PATTY ON BUN SCALLOPED POTATOES CAPRI BLEND VEG. PINEAPPLE CHUNKS	
17 B.B.Q. RIBLETT AUGRATIN POTATOES CALIFORNIA BLEND VEG ICED YELLOW CAKE	18 BEEF STEW BUTTERMILK BISCUIT WINTER BLEND VEG. DICED PEACHES	19 FIESTA CHICKEN SPANISH RICE BRUSSEL SPROUTS APRICOTS	20 ITALIAN MEATBALLS PENNE PASTA W/ SAUCE PACIFIC BLEND VEG FRUIT COCKTAIL	21 A.) BAKED HAM SWEET POTATOES BROCCOLI COOKIE B.) SOUP & SANDWICH VEGETABLE/HAM & CH.	
24 CHEESEBURGER ON BUN SCALLOPED POTATOES PACIFIC BLEND VEG. DICED PEARS	25 CHICKEN CEASAR SALAD W/ DRESSING BOILED EGG/TOMATOES CARROT/CELERY STICKS WHEAT CRACKERS CITRUS FRUIT CUP	26 BAKED CHICKEN QTR. MASHED POT/GRAVY 4 WAY MIXED VEG. DINNER ROLL CHOCOLATE CAKE	27 A.) LIVER & ONIONS MASHED POT/GRAVY CALIF. BLEND VEG. COOKIE B.) SOUP & SANDWICH CHIX NOODLE/ROAST BEEF	28 ITALIAN BEEF ON BUN HASHBROWN POT. COUNTRY BLEND VEG. FRESH APPLE	
31 SWISS STEAK MASHED POT/GRAVY GARDEN BLEND VEG BROWNIE					

To make a reservation in Rockford

815-963-1609
or
1-800-779-1189

RESERVATIONS & CANCELLATIONS CALL BY 10:00 AM THE DAY BEFORE



A United Way Agency

*Choice A only sent to MEALS ON WHEELS CLIENTS

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE