

**SENIOR  
AUGUST  
2017**



**SERVING  
SENIORS  
IN  
BOONE  
LEE  
OGLE  
WINNEBAGO  
COUNTIES**

**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**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
8 oz. Low Fat Milk served with all lunches. 	1 SAUSAGE GRAVY W \ BISCUIT HASH BROWN POTATO FRUIT JUICE BAKED PEACHES	2 POLISH SAUSAGE SOUR KRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE HOT DOG BUN	3 A.) HOT HAM & CHEESE AUGRATIN POTATOES SEASON GREEN BEANS WHEAT BUN PINEAPPLE TIDBITS B.) TURKEY/VEGETABLE	4 PEPPER STEAK MASHED POT/GRAVY LIMA BEANS WHEAT BREAD - 2 APRICOTS
7 HAMBURGER PATTY WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEARS	8 BBQ CHIX BREAST CHEESY POTATOES SEAS. GREEN BEANS DINNER ROLL JELLO W\FRUIT	9 BAKED PORK CHOP BABY RED POTATOES BROCCOLI TOSSED SALAD/DRSG. DINNER ROLL APPLE CRISP	10 CHEESE RAVIOLI W/ MEATSAUCE BRUSSEL SPROUTS CAULIFLOWER GARLIC BREAD APRICOTS	11 A.) TROPICAL CHIX SALAD CROISSANT CUCUMBER SLICES MANDARIN ORANGES PINEAPPLE JUICE B.) CHIX SAL./TOMATO
14 CREAMY CHICKEN W/ PASTA BROCCOLI BAKED APPLES WHEAT BREAD - 1	15 MEATLOAF MASHED POT/GRAVY GLAZED CARROTS DINNER ROLL \ BUTTER APRICOTS	16 BAKED HAM SWEET POTATO GREEN BEANS DINNER ROLL FRUIT COCKTAIL	17 ITALIAN SAUSAGE W\PEPPERS ON BUN POTATO WEDGES ITALIAN BLEND VEGGIES DICED PEACHES	18 A.) CRISPY FISH SAND. WHEAT BUN POTATO PANCAKES PEAS PINEAPPLE TIDBITS B.) TURKEY/MINESTRONE
21 MEATBALL SUB PEAS & CARROTS SEAS. POTATO WEDGES MANDARIN ORANGES	22 SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES DINNER ROLL APRICOTS	23 SALISBURY STEAK AUGRATIN POTATOES COIN CARROTS DINNER ROLL SLICED PEACHES	24 CHEESE OMELETT TURKEY SAUSAGE HASH BROWN POT. BLUEBERRY MUFFIN FRUIT JUICE	25 A.) BRAISED BEEF MASHED POT\GRAVY CORN DICED PEARS WHEAT BREAD -2 B.) TUNA SAL/CHIX RICE
28 BBQ RIBLETT WHEAT BUN AUGRATIN POTATOES COIN CARROTS APRICOTS	29 PEPPER STEAK MASHED POT/GRAVY SCAN. BLEND VEGGIES WHEAT BREAD - 2 CHILLED PINEAPPLE	30 LEMON PEPPER CHIX WILD RICE BROCCOLI DINNER ROLL APPLESAUCE	31 A.) CHEESEBURGER WHEAT BUN TATOR TOTS BAKED BEANS JELLO W\ FRUIT B.) HAM/VEGETABLE	