

SENIOR
August
2018



SERVING SENIORS
BOONE
LEE
OGLE
WINNEBAGO
COUNTIES

MENU IS SUBJECT
TO CHANGE WITHOUT
NOTICE

To make a
reservation
in Rockford

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

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

***CHOICE A only sent to**
MEALS ON WHEELS
CLIENTS

THERE ARE
NO
SUBSTITUTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 oz. Low Fat Milk served with all lunches. 		1	2	3
		LEMON PEPPER CHIX WILD RICE BROCCOLI DINNER ROLL APPLESAUCE	A.) CHEESEBURGER WHEAT BUN TATOR TOTS BAKED BEANS JELLO W\ FRUIT B.) HAM/VEGETABLE	TROPICAL CHIX SALAD CUCUMBER SLICES CROISSANT MANDARIN ORANGES PINEAPPLE JUICE
6	7	8	9	10
CHICKEN STRIPS SEAS. POTATO WEDGES PEAS DINNER ROLL DICED PEARS BBQ PC	BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. GARLIC BREAD HOT APPLESAUCE	A.) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS DINNER ROLL PEACH COBBLER B.) LIVER & ONIONS	SLOPPY JOE WHEAT BUN TATOR TOTS GREEN BEANS APRICOTS	SOUTHWESTERN SALAD BLK. BEANS, CORN,CHEESE CHICKEN, TOMATO, ONION DINNER ROLL\BUTTER PINEAPPLE TIDBITS
13	14	15	16	17
B.B.Q. CHIX BREAST WHEAT BUN CHEESY POTATOES GREEN BEANS PINEAPPLE TIDBITS	ITAL. CHIX SALAD W\GREENS CARROTS, EGGS, CUKES TOMATOES, CHEESE DINNER ROLL \ BUTTER FRUIT JUICE	BAKED CHICKEN QTR MASHED POT/GRAVY BROCCOLI TOSSED SALAD/DRSG. ROLL \ PUMPKIN BAR	A.) MUSHROOM SWISS BURGER ON BUN BUTTERED RED POT. BAKED BEANS APRICOTS B.) R. BEEF/CR. MUSH.	FISH PATTY WHEAT BUN POTATO PANCAKES CALIF. BLEND VEGGIES APPLESAUCE TARTAR SAUCE
20	21	22	23	24
COUNTRY MEATBALLS MASHED POT \ GRAVY BRUSSELL SPROUTS DINNER ROLL PEACHES	CHEF SALAD W\GREENS TURKEY & HAM CUKES, EGGS, TOM, CHEESE DINNER ROLL \ BUTTER MANDARIN ORANGES FRUIT JUICE	SPAGHETTI W \ MEATSAUCE STEAMED PEAS WH. KERNEL CORN GARLIC BREAD APRICOTS	A.) HOT TURKEY SAND. MASHED POT/GRAVY COUNTRY BLEND VEGG. WHEAT BREAD - 2 FRUIT COCKTAIL B.)HAM/CHIX NOODLE	CHEESY BEEF TACO FLOUR TORTILLA LETTUCE\TOMATO SPANISH RICE \ BEANS FRESH FRUIT
27	28	29	30	31
CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG DINNER ROLL DICED PEARS	SAUSAGE GRAVY W \ BISCUIT HASH BROWN POTATO FRUIT JUICE BAKED PEACHES	POLISH SAUSAGE SOUR KRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE HOT DOG BUN	A.) TROPICAL CHIX SALAD CUCUMBER SLICES CROISSANT MANDARIN ORANGES PINEAPPLE JUICE B.) TURKEY/VEGETABLE	PEPPER STEAK MASHED POT/GRAVY LIMA BEANS WHEAT BREAD - 2 APRICOTS