

# ST. CHARLES AREA AGENCY ON AGING • AUGUST 2018

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
| <p><b>Your Contributions are Greatly Appreciated.</b></p> <p><b>Please Help Your Council on Aging Help Others.</b></p>                                  | <p><b>All Meals are Served With 1/2 Pint of 2% Milk.</b></p>   | <p><b>Red Beans &amp; Sausage w/Brown Rice</b><br/>Mustard Greens<br/>Beet/Spinach/Feta Salad<br/>Cornbread<br/>Fresh Fruit<br/>1</p>  | <p><b>Hamburger on a Bun</b><br/>Lettuce/Tomato/Pickle<br/>Mayonnaise<br/>Mustard / Ketchup<br/>Baked Beans<br/>Cardinal Citrus Gelatin 2</p>  | <p><b>Smothered Bone-In Chicken</b><br/>Smothered Potatoes<br/>Green Beans w/Peppers<br/>White Bread<br/>Royal Brownie<br/>3</p>  |
| <p><b>Chicken &amp; Sausage Jambalaya</b><br/>Carrots<br/>Broccoli Cuts<br/>Whole Wheat Bread<br/>Fresh Apple<br/>Margarine 6</p>                       | <p><b>White Bean Chicken Chili</b><br/>Steamed Spinach<br/>Cucumber/Onion Salad<br/>Whole Wheat Crackers<br/>Mandarin Oranges<br/>Margarine 7</p>                    | <p><b>Chef Salad w/Turkey, Ham &amp; Cheese</b><br/>over Salad Greens<br/>Ranch Dressing<br/>Fresh Fruit<br/>Saltine Crackers<br/>Blueberry Cake 8</p>                       | <p><b><u>BREAKFAST SPECIAL</u></b><br/><b>Brkfst Sausage or Ham</b><br/>Grits / Biscuit<br/>Jelly / Margarine<br/>Escalloped Apples<br/>Orange Juice<br/>Fruit &amp; Grain Bar 9</p> | <p><b><u>SUMMER SPECIAL</u></b><br/><b>BBQ Bone-In Chicken</b><br/>Chantilly Potatoes<br/>Normandy Blend Vegt<br/>White Dinner Roll<br/>Fresh Cantaloupe<br/>Margarine 10</p> |
| <p><b>Country Meatballs</b><br/>Mixed Vegetables<br/>Winter Blend Vegetables<br/>Whole Wheat Bread<br/>LD Oatmeal Cookie<br/>Margarine 13</p>           | <p><b>Sliced Roasted Turkey w/Gravy</b><br/>Candied Sweet Potatoes<br/>Southern Green Beans<br/>Whole Wheat Bread<br/>Mandarin Oranges<br/>Margarine 14</p>          | <p><b><u>BIRTHDAY SPECIAL</u></b><br/><b>Chicken &amp; Sausage Gumbo w/Rice</b><br/>Okra &amp; Tomatoes<br/>Potato Salad<br/>White Dinner Roll<br/>Cake/Ice Cream Cup 15</p> | <p><b>Hamburger w/Cheese on a Bun</b><br/>Lettuce/Tomato/Pickle<br/>Mayonnaise / Mustard<br/>Baked Beans<br/>Mixed Fruit<br/>Chocolate Milk 16</p>                                   | <p><b>Sausage &amp; Pinto Beans w/Brown Rice</b><br/>Seasoned Turnip Greens<br/>Tossed Salad w/Dressing<br/>Cornbread<br/>Fresh Fruit 17</p>                                  |
| <p><b>Swiss Style Beef Patty w/Rice</b><br/>Normandy Blend Vegt<br/>Mixed Fruit<br/>Whole Wheat Bread<br/>Fruit &amp; Grain Bar 20</p>                  | <p><b>Tuna Salad Sandwich on Whole Wheat Bread</b><br/>Lettuce/Tomato/Pickle<br/>Broccoli Raisin Salad<br/>Poke Cake 21</p>  | <p><b><u>SPECIAL BY WH CASTLE</u></b><br/><b>Spaghetti w/Meatballs</b><br/>Buttered Cabbage<br/>Pickled Beets<br/>Garlic Bread<br/>Cardinal Citrus Mold<br/>Margarine 22</p> | <p><b>Ham &amp; Lima Beans w/Rice</b><br/>Strawberry Kiwi Juice<br/>Steamed Spinach<br/>Cornbread<br/>Chocolate Moon Pie 23</p>  | <p><b>Bourbon Chicken Salad Sandwich on Whole Wheat Bread</b><br/>Spinach Salad w/Italian<br/>Mixed Fruit<br/>Banana Pudding 24</p>   |
| <p><b>Chicken Breast Fillet w/Gravy</b><br/>Mashed Potatoes<br/>Italian Blend Vegetables<br/>Whole Wheat Bread<br/>Banana Moon Pie<br/>Margarine 27</p> | <p><b>Sliced Ham &amp; Cheese Sandwich on Whole Wheat Bread</b><br/>Lettuce/Tomato/Pickle<br/>Mayonnaise / Mustard<br/>Carrot Raisin Salad<br/>Applesauce Cup 28</p> | <p><b>Red Beans &amp; Sausage w/Brown Rice</b><br/>Mustard Greens<br/>Beet/Spinach/Feta Salad<br/>Cornbread<br/>Fresh Fruit 29</p>   | <p><b>Hamburger on a Bun</b><br/>Lettuce/Tomato/Pickle<br/>Mayonnaise<br/>Mustard / Ketchup<br/>Baked Beans<br/>Cardinal Citrus Gelatin 30</p>                                       | <p><b>Smothered Bone-In Chicken</b><br/>Smothered Potatoes<br/>Green Beans w/Peppers<br/>White Bread<br/>Royal Brownie 31</p>   |