

August 2019

Warren/Hamilton Counties Office for the Aging

All meals served with 1% milk, bread, margarine. (Congregate site only - *coffee, and tea and juice*).
 Diabetic desserts are available for those with diabetes. *Menus subject to change. Frozen Dinner*
 Heating Instructions: Oven: 350 degrees for 30-45 min or 160 degree (Loosen aluminum foil top or
 puncture film seal) Microwave: *Plastic Containers only - loosen film seal, heat on high 5-6*
minutes. Let stand 2-3 minutes prior to serving. Caution contents will be hot.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Age 60+ Suggested contribution is \$3</p> <p>Under age 60, required contribution is \$5</p>			<p>August 1</p> <p>Cold Plate</p> <p>Chicken Salad on a bed</p> <p>Of Romaine Salad</p> <p>Pasta Salad</p> <p>Tomato, Onion & Cucumber Salad</p> <p>Tropical Fruit Cup</p>	<p>August 2</p> <p>Lemon Baked Fish</p> <p>Roasted Red Potatoes</p> <p>Broccoli</p> <p>Dump Cake</p>
	<p>August 5</p> <p>Sloppy Joe on a Bun</p> <p>Roasted Potato Bites</p> <p>Corn</p> <p>Mandarin Orange</p>	<p>August 6</p> <p>Chicken & Biscuit</p> <p>Sweet Potato</p> <p>Broccoli</p> <p>Fresh Fruit</p>	<p>August 7</p> <p>Ziti w/Meat Sauce</p> <p>Green Beans</p> <p>Italian Veggies</p> <p>Pudding of the Day</p>	<p>August 8 Cold Plate</p> <p>Sliced Roast Beef</p> <p>Potato Salad</p> <p>Coleslaw</p> <p>Peach Cobbler</p>
<p>August 12</p> <p>Chicken Alfredo over Pasta</p> <p>California Medley</p> <p>Tropical Fruit Cup</p>	<p>August 13</p> <p>Cheeseburger Deluxe</p> <p>Lettuce/tomatoes</p> <p>Roasted Potato Bites</p> <p>Brussel Sprouts</p> <p>Fruited Gelatin</p>	<p>August 14</p> <p>Macaroni & Cheese</p> <p>Stewed Tomatoes</p> <p>Carrot Raisin Salad</p> <p>Mandarin Orange</p>	<p>August 15 Cold Plate</p> <p>Chef Salad:</p> <p>Turkey, Ham & Swiss Cheese on Lettuce</p> <p>Marinated Veggies</p> <p>Brownies</p>	<p>August 16</p> <p>Stuffed Shells w/</p> <p>Marinara Meat Sauce</p> <p>Oriental Veggies</p> <p>Peas</p> <p>Chilled Pineapple</p>
<p>August 19</p> <p>CHEF's CHOICE</p>	<p>August 20</p> <p>Meatloaf</p> <p>Mashed Potatoes</p> <p>Spinach</p> <p>Chilled Pears</p>	<p>August 21</p> <p>Chicken & Stuffing Casserole</p> <p>Brown Rice</p> <p>Italian Veggies</p> <p>Tropical Fruit Cup</p>	<p>August 22</p> <p>Veal Parmesan</p> <p>Penne Pasta/ Marinara Sauce</p> <p>Cauliflower</p> <p>Fresh Fruit</p> <p>Garlic Bread</p>	<p>August 23 Cold Plate</p> <p>Tuna Salad</p> <p>Hot Dog Bun</p> <p>Cottage Cheese</p> <p>Broccoli Salad</p> <p>Birthday Cake/Frosting</p> <p>Happy Birthday!!</p>
<p>August 26</p> <p>BBQ Chicken</p> <p>Potato of the Day</p> <p>Beets</p> <p>Mandarin Oranges</p>	<p>August 27</p> <p>Beef Florentine</p> <p>Scandinavian Veggies</p> <p>Tropical Fruit Cup</p>	<p>August 28</p> <p>Roast Pork/Gravy</p> <p>Mashed Potatoes</p> <p>Peas & Onions</p> <p>Strawberry Shortcake</p>	<p>August 29 Cold Plate</p> <p>Egg Salad</p> <p>Fresh Tomato/ Lettuce</p> <p>Broccoli & Mandarin Orange Salad</p> <p>Rice Pudding</p>	<p>August 30</p> <p>Labor Day BBQ</p> <p>BBQ Pork Rib on a Bun</p> <p>Baked Beans</p> <p>Roasted Potato Bites</p> <p>Labor Day Dessert</p>