

STANISLAUS SENIOR LUNCHEON AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p align="center">AUGUST 2019</p> <p align="center">Stanislaus County Senior Nutrition Program</p>
			<p>1 Chili Beans *Mixed Vegetables Romaine Salad Corn Bread w/margarine +Cantaloupe Slices</p>	<p>2 Beef Stew *Spinach Salad w/kidney beans +Mandarin Oranges WW Roll with margarine</p>	
<p>5 Italian Sausage Bake Romaine Salad +Brussels SROUTS +Cantaloupe Garlic Bread</p>	<p>6 Chicken Vegetable Stir Fry Brown Rice *Spinach Salad +Mandarin Oranges</p>	<p>7 Beef Macaroni Casserole Green Beans *CA Mixed Vegetables +Orange Slices</p>	<p>8 Crustless Vegetable Quiche +Red Potato Wedges *Carrot Coins Seasonal Fresh Fruit</p>	<p>9 Tuna Salad Sandwich Green Salad Tomato/Cucumber Salad +Orange Juice</p>	<p>Gladys Lemmon Senior Center Oakdale (209) 480-3759</p> <p>Modesto Senior Center (209) 480-4337</p> <p>Mancini Hall -Modesto (209) 480-4389</p>
<p>12 Chicken Fajitas w/onions and bell peppers Corn Brown Rice +Orange Slices Flour Tortilla</p>	<p>13 Sloppy Joes on WW Bun + Red Potatoes Corn Kernels *Apricot Halves</p>	<p>14 Roast Pork *Sweet Potatoes CA Mixed Vegetables + Honeydew WW Bread w/margarine</p>	<p>15 BBQ Chicken +Red Potatoes Tossed Green Salad w/dressing Seasonal Fresh Fruit</p>	<p>16 Lemon Pepper Tilapia Brown Rice *Sauteed Spinach Romaine Salad w/dressing Diced Pears</p>	<p>United Community Center - Grayson (209) 480-5709</p> <p>Hammon Senior Center - Patterson (209) 480-6371</p> <p>Hughson Community Center (209) 480-4508</p>
<p>19 Meatloaf +Mashed Potatoes w/gravy *Peas and Carrots Pineapple Chunks Whole Wheat Roll w/margarine</p>	<p>20 Fish Sticks *Sauteed Spinach Crispy Corn Salad +Cantaloupe</p>	<p>21 Chicken Enchilada Casserole Refried Beans *Carrot Coins Green Salad w/dressing +Orange Slices</p>	<p>22 Spaghetti w/ Meat Sauce Green Beans *CA Mixed Vegetables +Honeydew Breadstick</p>	<p>23 Seafood Salad WW Roll w/margarine +Cantaloupe</p>	<p>Please call at least one day in advance to reserve a meal.</p> <p>Suggested Donation: \$3.00 per meal \$5.50 per guest</p>
<p>26 Hot Dog on WW Bun BBQ Beans +Coleslaw w/bell peppers +Honeydew</p>	<p>27 Curried Chicken Salad WW Roll w/margarine +Cantaloupe</p>	<p>28 Pulled Pork WW Bun +Potato Salad *Carrot Raisin Salad Seasonal Fresh Fruit</p>	<p>29 Beef Lasagna Green Salad w/dressing *Peas and Carrots +Orange Slices Breadstick</p>	<p>30 Hawaiian Chicken Brown Rice *CA Mixed Vegetables Tossed Green Salad +Mandarin Oranges</p>	<p>No eligible individual shall be denied participation because of failure or inability to contribute</p> <p>* Vitamin A Rich Food +Vitamin C Rich Food Protein: ~35 gm/meal avg. with milk 2% milk served with all meals High Sodium Meal (>1,000 mg)</p>