

PENDER ADULT SERVICES MENU - AUGUST 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Reviewed By: <i>Kathleen Jackson, RD, DDC</i>	Meat - at least 2 oz Casserole - 6 oz Veg/Fruit - 1/2 c Juice - 6 oz Season with marg or veg oil Bread - 1 each	Popcorn Shrimp Cheese Grits Catalina Blend Vegetables Strawberries Biscuit/Margarine 2% Milk	Chicken & Dumplings Collard Greens Apricot Halves WW Roll/Margarine 2 % Milk	Southwest Salad with Grilled Chicken/Dressing Pasta Salad Grapes Crackers 2 % Milk
Baked Turkey/Gravy Yam Patty California Blend Veg Peaches Corn Muffin/Margarine 2% Milk	Oven Fried Cod Hash Brown Patty Coleslaw Fruit Cocktail Hushpuppies/Margarine 2 % Milk	Mango Glazed Chicken Rice Stir Fried Vegetables Mandarin Oranges Egg Roll 2 % Milk	Stuffed Pepper Corn Seasonal Fruit Biscuit 2 % Milk	Deli Sandwich Tomato/Lettuce Slice Potato Salad Banana Yogurt 2% Milk
Baked Ham Bu. Penne Pasta Summer Squash/Onions Tropical Fruit Mix Wheat Roll 2% Milk	Parmesan Baked Chicken Rice Pilaf Baby Carrots Seasonal Fruit Biscuit/Margarine 2 % Milk	Spaghetti with Meat Sauce Tossed Salad/Dressing Pineapple Tidbits Breadstick 2 % Milk	Hot Dog Baked Beans Coleslaw Seasonal Fruit/Cookie Hot Dog Bun 2 % Milk	Chicken Salad Sandwich Three Bean Salad Strawberry Applesauce Granola Bar Bun 2% Milk
Beef Tips/Gravy over Brown Rice Catalina Blend Vegetables Peaches Wheat Roll/Margarine 2 % Milk	Mango Glazed Chicken Roasted Red Potatoes Stir Fried Vegetables Pineapple Tidbits Egg Roll 2 % Milk	Smoked Sausage Pinto Beans Corn Tropical Fruit Mix Biscuit/Margarine 2% Milk	Lasagna Cucumber Salad Fruit Blend Breadstick 2 % Milk	Chicken Strips on Salad Greens/Dressing Pasta Salad Orange Juice Crackers / Cookie 2 % Milk
Pork BBQ Potato Wedges Collard Greens Pears Biscuit/Margarine 2% Milk	Baked Cod Sweet Potato Fries Coleslaw Seasonal Fruit Hushpuppies 2% Milk	Chicken Alfredo Bowtie Pasta Broccoli Whipped Fruit Salad Wheat Roll 2% Milk	Stuffed Cabbage Corn Pears Biscuit/Margarine 2% Milk	Pimento Cheese Sandwich Cucumber Salad Fruit Cup Cookie 2% Milk