

# August 2018 Meals on Wheels & Senior Café

**Meals on Wheels - Please remember to cancel your meal 24 hours in advance of any appointments, etc.**

**Sylva 631-8044**

**Cashiers 745-6856**

**Senior Café - Reservations & Cancellations must be made by 3pm one day in advance.**

**Sylva 631-8045**

**Cashiers 745-6856**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Roast Pork Sauerkraut Cheese Grits Hot Sliced Apples Lime Jell-O Roll Milk	<b>2</b> Salmon with Raspberry Sauce Baked Potato Brussel Sprouts WW Roll Chilled Cantaloupe Milk	<b>3</b> Chicken Salad on Croissant Mixed Bean Salad Tropical Fruit Lemon Pudding Milk
<b>6</b> Italian Macaroni & Beef Whole Kernel Corn Green Beans w/Red Peppers Milk Vanilla Pudding WW Roll	<b>7</b> Ham with Pinto Beans Collard Greens Cornbread Milk Fruit Cocktail Cake	<b>8</b> Bruschetta Chicken on Angel Hair Pasta Spinach Salad w/Nuts & Strawberries Balsamic Dressing Fresh Plum WW Roll Milk	<b>9</b> Beef & Bean Chili Carrot-Raisin Salad Cinnamon Roll w/Frosting Crackers Milk Pineapple & Grapes	<b>10</b> Grilled Cilantro Lime Chicken w/Avocado Salsa Squash Medley Quinoa WW Roll Watermelon Milk
<b>13</b> Chicken w/Honey Mustard Glaze Baked Potato Green Beans w/ Peppers Raisin Bran Muffin Milk	<b>14</b> Stuffed Bell Pepper w/Beef & Rice Glazed Carrots Chocolate Cake WW Roll Milk	<b>15</b> Creamy Pesto Chicken Wrap Roasted Red Potatoes Cold Broccoli Salad Banana Bar Milk	<b>16</b> Roast Pork Brown & Wild Rice Broccoli Souffle Blueberry Parfait WW Roll Milk	<b>17</b> Lemon Baked Fish Potato Wedges Pea and Cheese Salad Pineapple Chunks WW Roll Milk
<b>20</b> Roast Pork Baked Sweet Potato Cauliflower & Broccoli w/Yogurt Dressing Biscuit Fresh Fruit Milk	<b>21</b> Chicken Enchilada Casserole Pinto Beans Tossed Salad Fruit Cocktail Lemon Cookie Milk	<b>22</b> Turkey, Ham, Cheese Hoagie w/lettuce & tomato Pasta Salad Banana Milk	<b>23</b> Oven Fried Chicken Cheesy Potatoes Asparagus Fresh Orange Pineapple U/D Cake	<b>24</b> Spaghetti w/ Meat Sauce California Vegetables Breadstick Milk Melon Mix Blonde Brownie
<b>27</b> Chicken Pot Pie Brussel Sprouts Spiced Apples Cookie Roll Milk	<b>28</b> Sweet & Sour Meatballs over Rice Noodles Spinach Souffle' Fresh Plum Milk	<b>29</b> Ham & Potato Casserole Steamed Cabbage Blueberry Crisp Cornbread Milk	<b>30</b> Chicken Cordon Bleu Roasted Red Potatoes Spinach Salad Wheat Roll Mandarin Oranges Milk	<b>31</b> Open Faced Turkey Sandwich w/Gravy Mashed Potatoes Cucumber Mint Salad Fruit Cocktail Milk