

# Meals on Wheels & Congregate Meals Menu August

DATE	HOME DELIVERED MENU ENTREE	CONGREGATE MENU ENTREE
Wednesday, Aug. 1	Hot Turkey Sandwich, Mashed Potatoes & Gravy	Salisbury Steak, w/Mushroom Gravy, Mashed Potatoes
Thursday, Aug. 2	Stuffed Green Peppers, Venetian Veggie Blend	Stuffed Green Peppers, Italian Blend Veggies, Peaches
Friday, Aug. 3	Chicken & Noodles, Zucchini/tomatoes/onions	Baked Potato & Chili Bar
Monday, Aug. 6	Hawaiian Chicken, Asian Veggie Blend, Apple Crisp	Macaroni & Cheese, Ham, Peas, Carrots, Mixed Berries
Tuesday, Aug. 7	Salmon Patty w/dill, Midori Veggie Blend, Fruit Mix	Beef & Broccoli Stir-fry, Brown Rice, Asian Veggie Blend
Wednesday, Aug. 8	Pork Chop, Au gratin Potatoes, Coleslaw, Applesauce	Smoky Mountain Chicken, Hash Brown Casserole
Thursday, Aug. 9	Meatloaf, Mashed Potatoes, Strawberry Shortcake	Pork Chop, Baked Sweet Potato, Green Bean Casserole
Friday, Aug. 10	Spaghetti w/meat sauce, Green Beans, Tossed Salad	Soup & Salad Bar
Monday, Aug. 13	BBQ Pork, Spinach Salad, Ambrosia	Swedish Meatballs, Buttered Noodles, Cherry Crisp
Tuesday, Aug. 14	Beef Stroganoff, Beets, Lima Beans, Peaches	Chicken Pesto over Penne Pasta, Capri Blend Veggie
Wednesday, Aug. 15	Sliced Turkey & Gravy, Stuffing, Applesauce	Pork Loin, Au gratin Potatoes, Asparagus Cuts
Thursday, Aug. 16	Beef Roast, Potatoes, Carrots, Peaches	Hot Turkey Sandwich, Mashed Potatoes & Gravy
Friday, Aug. 17	Honey Mustard Chicken, Brown Rice, Fruit Mix	Sandwich & Salad Bar
Monday, Aug. 20	Chicken & Biscuits, Broccoli, Potatoes, Pears	Baked Fish w/Lemon Dill Sauce, Mixed Veggies
Tuesday, Aug. 21	Pepper Steak, Wax Beans, Brussel Sprouts	Ham, Scalloped Potatoes, Cucumbers & Onions
Wednesday, Aug. 22	Oven Crisp Fish, Spinach, Tossed Salad, Oranges	Lasagna, Tossed Salad, Garlic Bread
Thursday, Aug. 23	Pork Loin, Sweet Potatoes, Southern Green Beans	Chicken Dijon, Rice Pilaf, Coleslaw, Mixed Berries
Friday, Aug. 24	Cheeseburger, Baked Beans Coleslaw, Peaches	Pasta & Salad Bar
Monday, Aug. 27	Chicken Parmesan, Redskin Potatoes, Mixed Veggies	Bruschetta Chicken, Bean Mix, Waldorf Salad
Tuesday, Aug. 28	Breaded Pollock, Green Peas, Carrots, Oranges	Cheeseburger, Baked French Fries, Baked Beans
Wednesday, Aug. 29	Lasagna, Mixed Greens, Corn w/Peppers, Pears	Chicken Pot Pie, Potatoes, Carrots, Peas, Baked Apples
Thursday, Aug. 30	Chicken & Dressing, Spring Vegetables, Broccoli, Biscuit	Pork Carnitas, Spanish Rice, Black Beans, Tropical Fruit
Friday, Aug. 31	Salisbury Steak, Mashed Potatoes, Mixed Veggies	BBQ Bar

\*Meals are served with side dishes and milk, to provide 1/3 the Recommended Daily Allowances for adults 60+

## Join us for Lunch

**\*Call the COA to reserve your lunch at Three Rivers, Klines or Sturgis.**

**Kline's Resort**  
269-279-8083  
Fridays @ Noon  
22260 Kline's Resort Rd.  
Three Rivers, MI 49093

**Three Rivers  
Community Center**  
269-279-8083  
Monday-Friday @ Noon  
103 S. Douglas Avenue  
Three Rivers, MI 49093

**Enrichment Center**  
269-279-8083  
Monday-Friday @ Noon  
306 N. Franks Avenue  
Sturgis, MI 49091

The COA offers lunch on the first and third Friday of each month in Colon at Mystic Grove Apartments. Any COA member is welcome.