

AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Crusted Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Roll/Bread Chilled Pineapple Skim Milk
4 Spaghetti And Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	5 Baked Glazed Ham Scalloped Potatoes Boiled Cabbage Applesauce Whole Wheat Roll/Bread Skim Milk	6 Sloppy Joe Baked Steak Fries Cole Slaw Apple Crisp Skim Milk	7 Chicken Pesto Couscous With Roasted Veg Buttered Spinach Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	8 Chicken Tortilla Soup Mexican Chef Salad Fig Cookie Bar Skim Milk
11 Dirty Rice Okra And Tomatoes Fresh Fruit Soft Whole Wheat Roll/Bread/Marg Skim Milk	12 Turkey Pot Pie Succotash Pineapple W/ Mandarin Oranges Whole Wheat Roll/Bread Skim Milk	13 Stuffed Bell Pepper Mashed Red Potatoes Carrots Gelatin Whole Wheat Roll/Bread Skim Milk	14 Chicken And Dumplings Collard Greens Whole Wheat Roll/Bread Ice Cream Skim Milk	15 Vege Beef Barley Soup Shrimp Caesar Salad Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk
18 Baked Ziti & Meat Sauce Lettuce and Tomato Salad Applesauce Whole Wheat Roll/Bread Skim milk	19 Bacon Egg & Cheese Taco American Fried Potatoes Steamed Spinach Fresh Banana Skim Milk	20 Swedish Meatballs Buttered Noodles Baby Carrots Whole Wheat Roll/Bread Fruit Of The Day Skim Milk	21 Garlic Parmesan Chicken Parmesan Potatoes Basil Zucchini Saute Whole Wheat Roll/Bread Assorted Cookies Skim Milk	22 Cream Broccoli Soup Tomato & Tuna Salad Wrap Pickled Beets Mandarin Oranges Skim Milk
25 3 Cheese Lasagna Italian Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	26 Pork Roast/Sauerkraut Mashed Sweet Potatoes Roasted Brussels Sprouts Whole Wheat Roll/Bread Bread Pudding Skim Milk	27 Shepherd's Pie Garlic Green Beans Whole Wheat Roll/Bread Fresh Fruit Skim Milk	28 Orange Glazed Chicken Brown Rice Pilaf Collard Greens Fruited Gelatin Whole Wheat Roll/Bread Skim Milk	29 Corn Chowder Seafood Salad Mixed Green Salad Whole Wheat Roll/Bread Rice Crispy Bar Skim Milk



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Services for Aging and Adults with Physical Disabilities

"This agency receives funding from
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and Adults with Physical Disabilities"

CHEER

Over 50 Years Serving Sussex Seniors



Menu items subject to change due to availability.