

AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Spaghetti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	4 Ratatouille Wild Rice Blend Buttered Spinach Whole Wheat Roll/Bread Applesauce Skim Milk	5 Shrimp Creole Grits Shredded Cheese Steamed Broccoli Fresh Fruit Whole Wheat Roll/Bread Skim Milk	6 Chicken and Dumplings Peas and Carrots Whole Wheat Roll/Bread Fruit Of The Day Skim Milk	7 Crab Soup Chef Salad Fig Cookie Bar Saltine Crackers Skim Milk
10 Rigatoni Bolognese Garlic Green Beans Chilled Peaches Whole Wheat Roll/Bread Skim Milk	11 Turkey Divan Baked Mashed Potatoes Green Peas Applesauce Whole Wheat Roll/Bread Skim Milk	12 Baked Fish Florentine Mushroom Risotto Stewed Tomatoes Whole Wheat Roll/Bread Brownie Skim Milk	13 Chicken Cacciatore Garlic Herb Gnocchi Whole Wheat Roll/Bread Fresh Fruit Skim Milk	14 Minestrone Soup Cheese Pizza Cucumber Dill Salad Ice Cream Skim Milk
17 Hot Dog On Bun Baked Beans Vegetarian Cole Slaw Applesauce Skim Milk	18 Vegetable Frittata Breakfast Potatoes Spinach Mushroom Fresh Orange Whole Wheat Roll/Bread Skim Milk	19 Beef and Rice Casserole Capri Blend Vegetables Whole Wheat Roll/Bread Banana Cream Pie Skim Milk	20 Honey BBQ Chicken Baked Sweet Potato Half Broccoli Slaw Whole Wheat Roll/Bread Pudding Cup Skim Milk	21 Hamburger Barley Soup Tuna Pasta Salad Fruit Of The Day Saltine Crackers Skim Milk
24 Pork & Veg Stir Fry Lo Mein Noodles Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	25 BBQ Turkey Sandwich Baked Sweet Potato Fries Green Beans Mushroom Diced Peach Fluff Skim Milk	26 Crispy Beef Taco Mexican Street Corn Cilantro Lime Black Beans Fresh Fruit Cup Skim Milk	27 Chicken Paprika Brown Rice Pilaf Candied Carrots Whole Wheat Roll/Bread Ice Cream Skim Milk	28 Shrimp Salad Dill Havarti Sandwich Vegetable Pasta Salad Lettuce And Tomato Rice Crispy Bar Skim Milk
31 Swedish Meatballs Buttered Noodles Steamed Carrots Whole Wheat Roll/Bread Sponge Cake Skim Milk				



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Services for Aging and Adults with Physical Disabilities

"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities"
Menu items subject to change due to availability.



CHEER

Celebrating 55 Years of Serving Sussex Seniors

