

ST. MARYS SENIOR CENTER AUGUST 2022 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BBQ Meatballs Rice Pilaf Capri Vegetables Bread Fruit	2 Chicken Tenders Mashed Potatoes Peas & Carrots Bread Fruit	3 Salmon Pattie Waffle Fries Sliced Tomatoes Bread Fruit	4 Chicken Fried Chicken Baked Beans Coleslaw Bread Fruit	5 Pork Chop Sweet Potatoes Green Beans Bread Fruit
8 Baked Pollock on a Bun Tater Tots Mixed Vegetables Bread Fruit	9 BBQ Ribette Potato Wedges Peas Bread Fruit	10 Smothered Steak Mashed Potatoes California Blend Vegetables Bread Fruit	11 Goulash Green Beans & Carrots Bread Fruit	12 Chicken Salad Sandwich Tossed Salad Cottage Cheese Fruit
15 Baked Penne Italian Vegetables Coleslaw Bread Sticks Fruit	16 Cheeseburger Potato Salad 3 Bean Salad Fruit	17 Beef Pattie Parmesan Noodles Tossed Salad Bread Fruit	18 BIRTHDAY DINNER Roast Beef Mashed Potatoes & Gravy Green Beans Roll Fruit Cake	19 Breaded Catfish Baked Beans Coleslaw Bread Fruit
22 Chicken Pot Pie over Biscuits Baby Carrots Fruit	23 Pulled Pork MexiCorn Fiesta Rice Bread Fruit	24 Spaghetti with Meat Sauce Tossed Salad with extra Veggies Garlic Bread Fruit	25 Tuna Mac California Blend Vegetables Bread Fruit	26 Caesar Chicken/Spinach Salad Sliced Tomatoes Cottage Cheese Bread Sticks Fruit
29 Ham Tater Tot Casserole Capri Vegetables Bread Fruit	30 Meatloaf Cheesy Potatoes Seasoned Green Beans Bread Fruit	31 Swiss Steak Rice Pilaf Peas & Carrots Bread Fruit	DINE IN MEALS MEALS ON WHEELS & PICK UP MEALS AVAILABLE	<i>If you'd like to learn more about our Meals programs, please call 785 321-1225</i>

FOR RESERVATIONS CALL 785 321-1225 ONE DAY AHEAD

MENUS SUBJECT CHANGE