


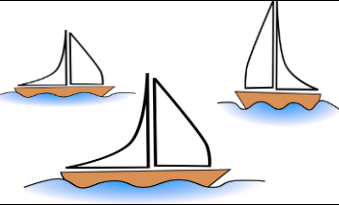
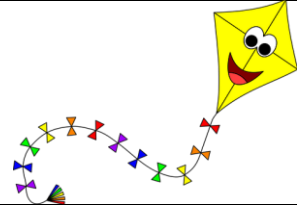
AUGUST 2019

VALLEY SENIOR SERVICES: Trail/Steele Meals on Wheels & Centers

Please call one day in advance by 2 pm Monday through Friday to leave reservation for a meal; for Monday call by 2 pm on Friday.

Phone: 636-5953 or 1-800-845-1715

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
			1	2
			HERB ROASTED CHICKEN DRESSING WITH GRAVY MASHED POTATOES BROCCOLI RAISIN SALAD LIME JELLO W/ PEARS & WHIPPED TOPPING	BEEF STROGANOFF OVER WHOLE WHEAT NOODLES CALIFORNIA BLEND VEGETABLES FRESH FRUIT BANANA BRAN MUFFIN
5	6	7	8	9
SALISBURY STEAK W/GRAVY MASHED POTATOES PARSLIED CARROTS PEAR SLICES WHOLE WHEAT DINNER ROLL	LEMON PEPPER FISH WITH TARTAR SAUCE SCALLOPED POTATOES CREAMED PEAS CRUNCHY CUKES GRAPES	ROAST TURKEY WITH GRAVY MASHED POTATOES GREEN BEAN CASSEROLE CRANBERRY SAUCE DICED PEACHES WHOLE WHEAT BREAD	MEATLOAF BAKED POTATO W/SOUR CREAM STEWED TOMATOES APPLE CRISP WITH WHIPPED TOPPING WHOLE WHEAT DINNER ROLL	CHICKEN BREAST W/ALFREDO SAUCE OVER NOODLES GERMAN VEGETABLE BLEND ROMAINE SALAD MANDARIN ORANGES GARLIC BREADSTICK
12	13	14	15	16
MEATBALLS MASHED POTATOES PEAS & CARROTS FRESH FRUIT WHOLE WHEAT BREAD	CHICKEN SALAD ON A BUN LETTUCE LEAF AND TOMATO SPRING GARDEN PASTA SALAD PEAR SLICES CARROTS & CELERY STICKS	BBQ RIBS BAKED POTATO W/SOUR CREAM CRUNCHY COLESLAW BIRTHDAY CAKE FOR THE AUGUST BIRTHDAYS WHOLE WHEAT DINNER ROLL	BAKED COD W/ ALFREDO SAUCE WILD RICE BLEND CARROTS TROPICAL FRUIT WHOLE WHEAT DINNER ROLL	HAMBURGER ON A WHOLE WHEAT BUN LETTUCE, TOMATO AND ONION BAKED BEANS POTATO SALAD FRESH FRUIT
19	20	21	22	23
STUFFED PEPPERS SCANDINAVIAN BLEND VEGETABLES COTTAGE CHEESE PEACH SAUCE WHOLE WHEAT DINNER ROLL	PORK CHOPS W/MUSHROOM GRAVY SMASHED POTATOES SQUASH FRESH FRUIT APPLE CINNAMON MUFFIN	PARMESAN ENCRUSTED FISH TARTAR SAUCE PARSLIED BUTTERED POTATOES KRINKLE CUT CARROTS STRAWBERRY JELLO W/PEARS & WHIPPED TOPPING OATMEAL RAISIN COOKIE	HOT BEEF & GRAVY ON WHOLE WHEAT BREAD MASHED POTATOES MIXED VEGETABLES RHUBARB CRISP & WHIPPED TOPPING	TACO SALAD W/MEAT, TOMATO BLACK BEANS, CHEESE ,LETTUCE CORN STRAWBERRY JELLO W/PEARS & WHIPPED TOPPING
26	27	28	29	30
MACARONI BEEF NOODLE HOTDISH CORN FRESH FRUIT WHOLE WHEAT BREADSTICK	SLOPPY JOE ON A WHOLE WHEAT BUN BAKED BEANS ITALIAN PASTA SALAD PEAR CRISP W/WHIPPED TOPPING	COUNTRY MEATBALLS MASHED POTATOES PACIFIC BLEND VEGETABLES APPLESAUCE WHOLE WHEAT BREAD	ROAST TURKEY WITH GRAVY MASHED POTATOES RIVIERA BLEND VEGETABLES CHERRY JELLO W/PEACHES & WHIPPED TOPPING WHOLE WHEAT DINNER ROLL	LASAGNA COUNTRY BLEND VEGETABLES MANDARIN ORANGES GARLIC FRENCH BREAD

Menu meets the required Title 3 nutrient goals under the Older American Act

Calories: 735 Sodium Goals: 800-1000 mg daily Protein: 31.24 (g) Net Carbs: 87.11 (g) Fat: 24.5(g)