


August 2021

VALLEY SENIOR SERVICES: RANSOM SARGENT REGIONAL MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

Suggested donation \$4.00 per meal

UNDER 60 IS A CHARGE OF \$9.00 PER MEAL
SNAP vouchers accepted by calling the Lisbon Office

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Fish Patty w/Leaf Lettuce on a Whole Wheat Bun w/ Tartar Sauce Pea Salad Steamed Baby Carrots Fresh Fruit	Cheeseburger Hotdish Corn Mixed Vegetables Mandarin Oranges Whole Wheat Bread	Lawry's Chicken Scalloped Potatoes Coleslaw Tropical Fruit Whole Wheat Dinner Roll M & M Brownie	BBQ Pork Rub Baby Baker Potatoes Green Beans Strawberry Jello w/Pears and Whipped Topping Corn Bread Muffin	Roast Beef Mashed Potatoes w/Gravy Stewed Tomatoes Fruit Whole Wheat Dinner Roll
9	10	11	12	13
Sloppy Joe Rosemary Roast Potatoes Baked Beans Peaches Whole Wheat Bun	BBQ Ribs Smashed Potatoes Peas Applesauce Whole Wheat Dinner Roll	Whole Wheat Spaghetti w/ Meat Sauce Garlic Toast Medallions Lettuce Salad w/ Ranch Fruit Sugar Cookie	Cheesy Egg Bake Turkey Sausage California Blend Vegetables Fresh Fruit Cup Whole Wheat Bread	Chicken Wild Rice Hotdish Cucumber Salad Pineapple Tidbits Whole Wheat Dinner Roll Salty Chewy Peanut Bar
16	17	18	19	20
Lemon Pepper Fish Rice Pilaf Broccoli Cuts Fruit Cocktail Whole Wheat Dinner Roll	Salisbury Steak Baked Potato w/Sour Cream Beets Fruit Whole Wheat Bread	BBQ Chicken Breast Au Gratin Potatoes 3 Bean Salad Pears Banana Bread	Cabbage Rolls Key West Blend Vegetables Fruit Whole Wheat Dinner Roll	Hamburger Pasta Salad Roasted Carrots Whole Wheat Bun Apple Crisp w/Topping
23	24	25	26	27
Alfredo Fish Wild Rice Creamed Peas Peach Crisp w/ topping Whole Wheat Dinner Roll	Sweet and Sour Meatballs Brown Rice Garlic Ginger Green Beans Mandarin Oranges Whole Wheat Bread	Buttermilk Chicken Mashed Potatoes Roasted Vegetables Pineapple Tidbits Whole Wheat Dinner Roll	Pulled Pork Calico Beans Crinkle Cut Carrots Fruit Whole Wheat Bun	Chicken Tortalini Casserole Broccoli Cuts Peaches Garlic Toast Medallions Blonde Brownie
30	31			
Chili Baked Potato w/Sour Cream Mixed Vegetables Tropical Fruit Whole Wheat Bread	Herb Crusted Chicken Cheesy Potatoes Fresh Steamed Broccoli Fresh Fruit Whole Wheat Dinner Roll	Lisbon 683-4295 Enderlin 437-2669 Milnor 427-9327 Cogswell 724-3024 Forman 724-3928 Rutland 724-4074	 <p>AUGUST</p>	