


# OGDEN SENIOR CENTER NUTRITIONAL MENU

## August-17

<b>MONDAY</b>	<b>WEDNESDAY</b>	<b>FRIDAY</b>
<p><i>All meals served with milk, bread, &amp; margarine. Soup served w/crackers.</i></p>	<p>Chicken Salad Sandwich on Wheat Thinwich Yankee Bean Soup Tossed Salad w/French Dressing Plums</p>	<p>Braised Pork Chop w/Gravy Mashed Potatoes Malibu Blend Vegetables Soft Dinner Roll Lemon Pudding</p>
7	<p>Italian Sausage w/Onions, &amp; Peppers on Bun Cucumber &amp; Red Onion Salad Carrots Nectarine</p>	<p>Rosemary Oven Brownd 1/4 Chicken Spinach Tortellini Salad Carrots &amp; Peas 12-Grain Bread Pineapple</p>
14	<p>Fajita Chicken on Spinach Romaine Salad w/Ranch Dressing Tomato Rice Soup Wheat Dinner Roll Cantaloupe</p>	<p>Breaded Haddock w/Tartar Sauce Coleslaw w/o Pineapple Mixed Vegetables Wheat Bread Butterscotch Pudding</p>
21	<p>Seafood Salad on Wheat Thinwich Chicken Gumbo Tossed Lettuce Salad w/lit. Dressing Plums</p>	<p><b>Salute to Seniors Picnic</b> Hot Dog on Bun w/Condiments Potato Salad Orange Juice Peaches Carnival Cookie</p>
28	<p>Pub Burger w/Condiments Marinated Tomatoes &amp; Cucumbers Corn Honeydew</p> <p style="text-align: center;"><b>*40 Cupcakes*</b></p>	

Monroe County Dept of HS/Office for the Aging

No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance on grounds of race, color, sex, religion, national origin, disability, or marital status. This program is funded by participants' contributions U.S. Administration of Aging, N.Y. State Office for the Aging, N.Y. State Dept. of Health, and Monroe County Dept. of HS/Office for the Aging.