


OGDEN SENIOR CENTER NUTRITIONAL MENU August-18

<p>MONDAY</p> <p><i>All meals served with milk, bread, and butter. Soup served with crackers.</i></p> 	<p>WEDNESDAY 1</p> <p>1/4 Rosemary Oven-Browned Chicken Pea & Cheese Salad California Blend Vegetables Wheat Dinner Roll Watermelon</p>	<p>FRIDAY 3</p> <p>Broccoli Cheese Topped Baked Potato Split Pea Soup Wheat Bread Pears</p>
<p>6</p> <p>BBQ Pork Riblet on Bun Cauliflower Corn Applesauce</p>	<p>8</p> <p>Chicken Salad Sandwich on Wheat Thinwich Yankee Bean Soup Tossed Salad w/French Dressing Fresh Peach</p>	<p>10</p> <p>Tuna Pasta Salad w/Lettuce & Tomato Spinach Lentil Soup Apple Juice Wheat Bread Apricots</p>
<p>13</p> <p>Broccoli & Cheese Quiche Green Beans Corn Wheat Bread Pineapple</p>	<p>15</p> <p>Breaded Haddock w/Tartar Sauce Red-Jacketed Potatoes Tuscany Blend Vegetables Marble Rye Bread Plums</p>	<p>17</p> <p>Chicken Breast w/Lettuce, Tomato, & Mayo on Bun Summer Potato Salad Orange Juice Ice Cream Sandwich</p>
<p>20</p> <p>Macaroni & Cheese Tomatoes, Zucchini, & Onions Green Beans Rye Bread Fruit Cocktail</p>	<p>22</p> <p>Fajita Chicken on Spinach Romaine Salad w/Ranch Dressing Minestrone Soup Wheat Dinner Roll Cantaloupe</p>	<p>24</p> <p>Italian Sausage Pasta & Sauce Italian Blend Vegetables Wax Beans Italian Bread Mandarin Oranges</p>
<p>27</p> <p>Stuffed Pepper w/Sauce Spinach Corn Marble Rye Bread Peaches</p>	<p>29</p> <p>Veggie Taco Salad w/Cheese, Salsa, & Sour Cream Tomato Florentine Soup Tortilla Nectarine</p> <p style="text-align: center;">32 cupcakes</p>	<p>31</p> <p>1/4 Chicken w/BBQ Sauce Yankee Bean Soup Mashed Sweet Potatoes Apple Juice Pumpnickel Bread Fruit Cocktail</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.