

# August

# 2024

PEACE, INC. - FSD		SENIOR NUTRITION		OFFICE FOR AGING & YOUTH	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			1	2	
			Sausage Hoagie w/ Peppers & Onions, Salt Potatoes Greens Salad w/ Strawberries & Oranges, and Italian Ice	Chicken Alfredo over Bow Tie Pasta Steam Broccoli Italian Bread & Apple	
5	6	7	8	9	
Southwest Grilled Chicken Tex Mex Corn Red Skin Potatoes Chocolate Chip Cookie	BBQ Beef on Roll Baked Beans Spinach Salad Diced Pineapple	Smothered Seared Pork Baked Potato Buttered Sliced Carrots Roll & Fruit Salad	Chicken Speedies w/ Italian Bread, Red Skin Potato Salad, Cole Slaw Berry Cobbler	Chicken Cacciatore over Penne Pasta Roasted Brussel Sprouts Jello w/ Whip & WW Bread	
12	13	14	15	16	
Sloppy Joe on Kaiser Roll Butter & Herb Baby Potatoes Buttery Carrots Diced Pears	Syracuse Chicken Riggies Sauteed Greens Diced Peaches Dinner Roll	Old Fashioned Meatloaf w/ Mushroom Gravy Smashed Potatoes Broccoli & PB Cookie	Julienne Salad w/ Ham Turkey, Cheese, Tomatoes Cucumbers, Olives, Hard Boiled Egg, w/ Roll, Orange	Breaded Haddock on WW Bun, Coleslaw Potatoes O'Brien Brownie	
19	20	21	22	23	
Oven Baked Ziti w/ Gianelli Italian Sausage Green Beans, Italian Bread Banana	Tuna Salad w/ Chopped Egg Salad on Kaiser Cream of Cheddar Potato Soup & Italian Ice	Beef Pot Roast w/ Gravy Roasted Root Veg Mashed Potatoes, Mango Dinner Roll	Sweet & Sour chicken over Sesame Rice Oriental Blend Vegetables Apricots & WW Bread	Beef Goulash 4-way Vegetable Blend Chocolate Chip Cookie Dinner Roll	
26	27	28	29	30	
Cranberry Walnut Chicken Salad on Croissant Tomato Florentine Soup Banana	Glazed Ham & Sweet Potatoes w/ Cinnamon Pecan Crunch, Brussel Sprouts & Peach Cobbler	Swedish Style Meatballs over Egg Noodles Green Beans Applesauce, WW Bread	Herb Roasted Chicken w/ gravy Mashed Sweet Potatoes Broccoli Tapioca Pudding & WW Bread	<b>No lunch PEACE Closed</b>	

All Meals include: Coffee, Tea, Milk  
Bread, and Margarine

RESERVATIONS MUST BE

MADE 1 BUSINESS DAY

Menus meet 1/3 of RDA  
Menu is Subject to Change

IN ADVANCE BY

12 NOON

Guest Meal  
\$7.00

Suggested Contribution:  
\$3.50 (age 60+ or spouse)

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