

August Menu

MONDAY	TUESDAY	WEDNESDAY	WED. FLEX	THURSDAY	FRIDAY
1 Swedish Meatballs Mashed Potatoes Spring Medley Vegetables Apricots Wheat Roll Applesauce Bar 812	2 BBQ Beef on A Bun Lima Beans Copper Penny Salad Pineapple Rice Crispy Treat 96 656	3 Apple Pork Chops Spinach Potato Salad Tropical Fruit Salad Oatmeal Raisin Cookie Wheat Bread 753	Sweet Spinach Salad	4 Swiss Steak Brown Rice Brussels Sprouts Peaches Apple Pie 99 821	5 Tuna Salad Tortellini Fresca Salad Pickled Beets Fresh Pear Raisin Bread Brownie 139 916
8 Grilled Chicken Breast Red Beans & Rice Lettuce Salad Berry Blend Snickerdoodle Cookie 766	9 Hamburger Cabbage Cass. Mixed Vegetables Mandarin Oranges Wheat Roll Trail Mix 91 701	10 Chef Salad Baked Potato Banana Cake Donut 84 803	Liver and Onions	11 Pork Roast w/Gravy Mashed Potatoes 3 Bean Salad Mixed Fruit Wheat Roll Pumpkin Pie 118 971	12 Chicken Salad on a Bun Lettuce/Tomato Wedge Carrot Raisin Salad Fresh Peach Cookies & Crème 49 911
15 Baked Chicken Party Potatoes Broccoli Apple Rye Bread Vanilla Pudding 768	16 Sloppy Joe Diced Potatoes Peas & Carrots Pears Fig Newton Bars 770	17 Chicken Fajita Fajita Veggies Lettuce/Sour Cream/Salsa Peaches WW Tortilla Shell Birthday Cake 802	Chop Chop Salad Breadstick	18 Beef Pepper Steak Brown Rice Germany Vegetable Blend Fresh Orange Strawberry Rhubarb Pie 764	19 Turkey Ham on Wheat Creamy Cucumber Salad Lettuce Salad Mixed Melon Peach Crisp 99 787
22 Meatballs in Sauce Penne Pasta Key Largo Veggies Applesauce Spice Bar 91 813	23 Cali Burger Lettuce/Tomato/Onions Valley Salad Peaches Warm Cinnamon Apples 573	24 Mac & Cheese Green Beans w/Almonds Coleslaw Banana Wheat Bread Raisins 680	Riblet on a Bun	25 Orange Chicken Brown Rice Bahama Vegetable Medley Tomato Juice Pecan Pie 718	26 Egg Salad on a Bun Lettuce Salad Broccoli Salad Red Grapes Carrot Cakes 139 900
29 Turkey Ham Slice Cheesy Hashbrowns Brussels Sprouts Orange Juice Wheat Roll Pumpkin Bar 122 1088	30 Chicken Tortellini Soup Succotash Apricots Multi Grain Bread Fresh Orange 84 543	31 Beef & Bean Taco Salad Lettuce/Sour Cream/Salsa Chips Mexicali Corn Strawberries Sponge Cake 88 762	<p>August 2011 Polk County Senior Services</p> <p>All menus have been verified to meet the Dietary Reference Intake (DRIs) est. by the Food and Nut. Council. Serving size: 3 oz. meat/alternate, (2) ¼ vegetables, ½ c fruit, ½ c dessert, fortified margarine, milk and coffee. All menus are subject to change.</p>		

Polk County/Johnston Senior Center
6300 Pioneer Parkway, Johnston Iowa 50131
Call 251-3707 for reservations!