

NAME: _____

TELEPHONE #: _____

August 2025**Montgomery County****CONGREGATE***All rolls and pastas are whole grain unless otherwise stated. All meals served w/milk or yogurt. All juice is 100% fruit juice.***MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****Nutrition Note: Power of Protein**

As we age, getting enough protein is essential to maintain muscle strength, balance, and independence. Seniors should aim for 20-30 grams of protein per meal from sources like lean meats, fish, eggs, beans, or dairy. Spreading protein intake evenly throughout the day helps support extended energy and mobility.

4)

HOT: Pulled Chicken BBQ, Whipped Sweet Potatoes, Green Peas, Sliced Carrots, Potato Sandwich Roll, Whole Orange, Milk

COLD: Roast Beef & Pepperjack Cheese, Whole Wheat Bread, Lettuce & Tomato, Sliced Beets, Potato Salad, Whole Orange, Milk

VEG: BBQ Vegan Chik'n, Whipped Sweet Potatoes, Green Peas, Potato Sandwich Roll, Whole Orange, Milk

5)

HOT: Meat Lasagna, Green Beans, Green Salad, Roll, Yogurt, Juice

COLD: Baked Salmon Salad, Hard Boiled Egg, Arcadian Blend Green Salad, Whole Wheat Pita, Yogurt, Juice

VEG: Vegetarian Lasagna, Green Beans, Green Salad, Roll, Yogurt, Juice

6)

HOT: Blackened Haddock with Lemon-Dill Sauce, Brown Rice Pilaf, Collard Greens, Mixed Vegetables, Wheat Roll, Applesauce, Milk

COLD: Dilled Egg Salad, Whole Grain Sandwich Bun, Lettuce & Tomato, Caesar Salad, Coleslaw, Applesauce, Milk

VEG: Blackened Tofu with Lemon Dill Sauce, Brown Rice Pilaf, Collard Greens, Mixed Vegetables, Wheat Roll, Applesauce, Milk

7)

HOT: Shredded Beef Stroganoff w/Buttered Penne Pasta, Spinach, Cole Slaw, Roll, Juice, Yogurt

COLD: Seafood Pasta Salad, Carrot-Raisin Salad, 3-Bean Salad, Roll, Yogurt, Juice

VEG: Vegan Beef Stroganoff w/Buttered Penne Pasta, Spinach, Cole Slaw, Roll, Juice, Yogurt

1)

HOT: Broiled Tilapia w/White Sauce, Brown Rice Pilaf, Collard Greens, Mixed Vegetables, Roll, Applesauce, Milk

COLD: Sesame Noodles w/Chicken, Green Salad, Red Cabbage (steamed & served cold), Dinner Roll, Applesauce, Milk

VEG: Tofu w/Black Bean Sauce, Brown Rice Pilaf, Collard Greens, Mixed Vegetables, Roll, Applesauce, Milk

8)

HOT: Grilled Chicken Parmesan, Whole Grain Spaghetti with Sauce, Italian Zucchini, Garlic Roll, Diced Peaches, Milk



COLD: Ham & Swiss Cheese, Lettuce & Tomato, Wheat Bread, Three Bean Salad, Kale Salad with Cranberries, Sliced Carrots, Diced Peaches, Milk

VEG: Vegan Chick'n Parmesan, Whole Grain Spaghetti with Sauce, Italian Zucchini, Garlic Roll, Diced Peaches, Milk

<p>11) HOT: Shredded BBQ Beef, Whipped Sweet Potatoes, Green Peas, Sliced Carrots, Cornbread, Whole Apple, Milk</p> <p>COLD: Egg Salad Plate, Cous Cous Salad, Green Bean Salad, Carrot Raisin Salad, Cornbread, Whole Apple, Milk</p> <p>VEG: Vegan BBQ Beef, Whipped Sweet Potatoes, Green Peas, Sliced Carrots, Cornbread, Whole Apple, Milk</p>	<p>12) HOT: Oven Fried Chicken Legs, Baked Beans, Mixed Vegetables, Cole Slaw, Cornbread, Yogurt, Juice</p> <p>COLD: Salmon Pasta Salad, Sliced Beets, Cucumber Salad, Cornbread, Yogurt, Juice</p> <p>VEG: Vegan Fried Chick'n Breast, Baked Beans, Mixed Vegetables, Cole Slaw, Cornbread, Yogurt, Juice</p>	<p>13) HOT: Baked Ziti w/Salmon in Cream Sauce, Green Salad, Green Beans, Roll, Diced Pears, Milk</p> <p>COLD: California Chicken Salad, Lettuce & Tomato, Three Bean Salad, Carrot-Raisin Salad, Diced Pears, Milk</p> <p>VEG: Baked Ziti w/Veggies in Cream Sauce, Green Salad, Green Beans, Roll, Diced Pears, Milk</p>	<p>14) HOT: Chicken Fajitas w/Peppers, Spanish Rice, Black Beans & Corn, Mexican Zucchini, Flour Tortilla, Yogurt, Juice</p> <p>COLD: Tuna Salad Stuffed Tomato, Roll, Potato Salad, Spinach Salad with Grapes, Yogurt, Juice</p> <p>VEG: Vegan Chick'n Fajitas w/Peppers, Spanish Rice, Black Beans & Corn, Mexican Zucchini, Flour Tortilla, Yogurt, Juice</p>	<p>15) HOT: Beef Sloppy Joe, Whole Grain Sandwich Bun, Steak Cut Fries, Key Largo Veggies, Whole Pear, Milk</p> <p>COLD: Grilled Chicken Strips, Caesar Salad, Marinated Tomatoes, Roll, Whole Pear, Milk</p> <p>VEG: Lentil Sloppy Joe, Whole Grain Sandwich Bun, Steak Cut Fries, Key Largo Veggies, Whole Pear, Milk</p>
<p>18)  HOT: Roasted Pork Tenderloin w/Extra Gravy, Baby Baked Potatoes, Sauteed Kale w/Onions, Mixed Vegetables, Roll, Whole Orange, Milk</p> <p>COLD: Turkey Breast & Pepperjack Cheese, Wheat Bread, Lettuce & Tomato, Sliced Beets, Potato Salad, Whole Orange, Milk</p> <p>VEG: Vegan Chick'n ala King, Baby Baked Potatoes, Sauteed Kale with Onions, Mixed Vegetables, Roll, Whole Orange, Milk</p>	<p>19) HOT: Shredded BBQ Beef, Whipped Sweet Potatoes, Green Peas, Sliced Cucumber, Cornbread, Yogurt, Juice</p> <p>COLD: Egg Salad Plate, Cous Cous Salad, Green Bean Salad, Carrot-Raisin Salad, Cornbread, Yogurt, Juice</p> <p>VEG: Vegan BBQ Beef, Whipped Sweet Potatoes, Green Peas, Sliced Cucumber, Cornbread, Yogurt, Juice</p>	<p>20) HOT: Roasted Chicken Thigh, Mac & Cheese, Italian Mixed Vegetables, Caesar Salad, Whole Grain Roll, Diced Watermelon, Milk</p> <p>COLD: Krab & Whole Grain Pasta Salad, 3-Bean Salad, Corn & Pepper Salad, Whole Grain Roll, Diced Watermelon, Milk</p> <p>VEG: Vegan Grilled Chick'n w/Gravy, Mac & Cheese, Italian Mixed Vegetables, Caesar Salad, Whole Grain Roll, Diced Watermelon, Milk ***BIRTHDAY CUPCAKE***</p>	<p>21) HOT: Meatloaf w/Gravy, Mashed Potatoes, Cucumber & Onion Salad, Sauteed Mushrooms, Roll, Yogurt, Juice</p> <p>COLD: Deviled Egg Salad with Relish, Whole Grain Sandwich Bun, Lettuce & Tomato, Caesar Salad, Coleslaw, Yogurt, Juice</p> <p>VEG: Vegan Meatloaf with Gravy, Mashed Potatoes, Cucumber & Onion Salad, Sauteed Mushrooms, Roll, Yogurt, Juice</p>	<p>22) HOT: Chicken Marsala, Rice Pilaf, Broccoli, Succotash, Parkerhouse Roll, Whole Banana, Milk</p> <p> COLD: Orzo Pasta Salad w/Diced Pork Loin, Carrot-Raisin Salad, Green Salad, Marinated Tomatoes, Parkerhouse Roll, Whole Banana, Milk</p> <p>VEG: Vegan Chick'n Marsala, Wild Rice Pilaf, Oven Roasted Broccoli, Succotash, Parkerhouse Roll, Whole Banana, Milk</p>
<p>25)  HOT: Teriyaki Pork Loin, Brown Rice, Sauteed Kale with Diced Tomato & Onion, Stir Fry Veggie Blend, Garlic Knot, Whole Peach, Milk</p> <p>COLD: Pesto Chicken Salad, Cucumber Salad, Marinated Broccoli, Garlic Knot, Whole Peach, Milk</p> <p>VEG: Teriyaki Tofu, Brown Rice, Sauteed Kale with Diced Tomato & Onion, Stir Fry Veggie Blend, Garlic Knot, Whole Peach, Milk</p>	<p>26) HOT: Beef Meatballs w/Gravy, Baked Sweet Potato, Green Salad, Cornbread, Yogurt, Juice</p> <p>COLD: Grilled Salmon Salad, Wheat Bread, Lettuce & Tomato, Sliced Beets, Green Bean Salad, Yogurt, Juice</p> <p>VEG: Vegan Beef Meatballs w/Gravy, Baked Sweet Potato, Green Salad, Cornbread, Yogurt, Juice</p>	<p>27) HOT: Chicken Cacciatore, Whole Grain Spaghetti w/Sauce, Italian Veggies, Roll, Fruit Cocktail, Milk</p> <p>COLD: Tuna Salad Cold Plate, Crackers, Three Bean Salad, Cole Slaw, Fruit Cocktail, Milk</p> <p>VEG: Vegan Chick'n Cacciatore, Whole Grain Spaghetti with Sauce, Italian Veggies, Fruit Cocktail, Milk</p>	<p>28) HOT: Beef Chili w/Beans, Baby Baked Potato, Green Salad, Cornbread, Yogurt, Juice</p> <p>COLD: Curry Chicken Salad, Lettuce & Tomato, White Whole Wheat Bread, Green Salad, Yogurt, Juice</p> <p>VEG: Tofu Chili with Beans, Baby Baked Potato, Green Salad, Cornbread, Yogurt, Juice</p>	<p>29) HOT: Lemon-Pepper Flounder with White Sauce, Penne w/White Sauce, Sauteed Kale, Caesar Salad, Roll, Diced Pineapple, Milk</p> <p>COLD: Penne with Peas and Grilled Pork, Cucumber Salad, Marinated Tomato Wedges, Marinated Broccoli Salad, Roll, Diced Pineapple, Milk</p> <p>VEG: Vegan Meatballs with White Sauce, Penne with White Sauce, Sauteed Kale, Sliced Carrots, Caesar Salad, Roll, Diced Pineapple, Milk</p>