



# August 2021 Menu

Mon	Tue	Wed	Thu	Fri
<b>2</b> Meatloaf w/ Gravy Mashed Potatoes Stewed Tomatoes Wheat Roll Seasonal Fruit Waldorf Salad	<b>3</b> Chicken Filet Diced Potatoes Green Peas Bun / Cheese Slice / Mayo Packet Shredded Lettuce/Tomato//Pickle Seasonal Fruit	<b>4</b> Mac & Cheese w/ Ham Green Beans Apple Cobbler Cornbread Broccoli Cauliflower Salad Seasonal Fruit	<b>5</b> Pulled Pork BBQ Baked Beans Collard Greens Bun Sweet & Sour Coleslaw Seasonal Fruit	<b>6</b> Chicken & Rice Casserole Broccoli Baked Apples Roll Cucumber Tomato Salad Seasonal Fruit
<b>9</b> Chicken & Biscuit Pan Pie Cabbage Green Beans Seasonal Fruit Fruit Gelatin Vanilla Wafers	<b>10</b> Veal Parmesan Spinach Corn Tossed Salad & Dressing Seasonal Fruit Chocolate Pudding w/ Whipped Cream	<b>11</b> Carved Turkey w/ Gravy Mashed Potatoes Green Beans Roll Carrot Raisin Salad Seasonal Fruit	<b>12</b> Salmon Patty Broccoli Corn Whole Wheat Roll Fruit Gelatin Macaroni Salad	<b>13</b> Red Beans & Yellow Rice Sautéed Mushrooms Blueberry Crisp Broccoli Cauliflower Salad Seasonal Fruit Pineapple Delight
<b>16</b> Smothered Hamburger Patty Turnip Greens Mashed Potatoes Tropical Fruit Salad Three Bean Salad Vanilla Pudding	<b>17</b> Sloppy Joe Squash & Zucchini Ranch Potatoes Bun Sweet & Sour Coleslaw Seasonal Fruit	<b>18</b> Chicken Parmesan Parsley Potatoes Spinach Roll Garden Ranch Pasta Salad Seedless Watermelon	<b>19</b> Beef Stroganoff over Noodles Squash Medley Baked Apples w/ Raisins Marinated Vegetable Salad Seasonal Fruit Cookies	<b>20</b> Chicken Stir-Fry w/ Red & Green Peppers Yellow Rice Hot Cinnamon Peaches Roll Black Bean Salad Seasonal Fruit
<b>23</b> Ham & Cheese Omelet Diced Potatoes Stewed Tomatoes Biscuit / Jelly Heavenly Hash Salad Orange Slices	<b>24</b> Grilled Chicken Breast Green Beans Cheesy Potatoes Marinated Tomatoes Seasonal Fruit Vanilla Cake Square	<b>25</b> Pinto Beans Collard Greens Mac & Cheese Corn Bread Muffin Beet Salad Seasonal Fruit	<b>26</b> Pulled Pork BBQ Baked Beans Peach Cobbler Bun Eastern NC Slaw Fruit Salad	<b>27</b> Chicken Fettuccini Alfredo Spinach Carrots Orange Slices Seasonal Fruit Brownie
<b>30</b> Smothered Veal Mashed Potatoes Carrots Roll Italian Pasta Salad Seasonal Fruit	<b>31</b> Baked Spaghetti Green Peas Fried Okra Broccoli & Cauliflower Salad Mandarin Oranges Seasonal Fruit	<b>31</b>	<u>Meat Substitute Meal</u> Chopped Steak Carrots Cabbage Cornbread Sweet & Sour Coleslaw Seasonal Fruit	<u>Veggie Substitute Meal</u> Pinto Beans Carrots Cabbage Cornbread Sweet & Sour Coleslaw Seasonal Fruit

You may choose a Meat or Veggie Substitute Meal in place of a meal on any given day.  
 You must call our Office at 704-633-0352 by noon the day before you want a substitute meal.