

Defiance County Senior Services

August Menu 2017

Questions regarding your meal delivery? Please call Robin at 419-782-3321

Monday	Tuesday	Wednesday	Thursday	Friday
our rolls and breads are whole wheat unless specified otherwise. <b style="color: red;">Enjoy!	1 Pork Chop with Gravy Sweet Potatoes Peas & Onions Applesauce Biscuit Cookie ncs= sf cookie	2 Vegetable Beef Soup Cottage Cheese with Apricots Banana Crackers No Salad Bar	3 Ham & Cheese Sandwich alt= Chicken & Cheese 3 Bean Salad Diced Pears V-8 Juice	4 Chicken Parmesan Italian Blend Vegetables Fresh Orange Beets Bread Stick Birthday Cake NCS= Angel Food Cake
7 Cheese Omelet Mushrooms & Onions Stewed Tomatoes Raisin & Cinnamon Bagel Apple Juice	8 Beef Stew Brussels Sprouts Pineapple Tidbits Biscuit Cookie ncs= SF Pudding	9 Cheeseburger Steak Fries Broccoli Salad Tropical Salad Salad Bar in cafe	10 Sweet & Sour Chicken Oriental Blend Vegetables Asian Rice Cabbage Peaches Bread	11 Turkey & Gravy Mashed Potatoes Green Beans Mixed Fruit Graham Crackers Dinner Roll
14 Wet Beef Burrito Mexicali Blend Vegetables Spanish Rice Pears Pinto Beans	15 Chicken Fettuccini Alfredo Caribbean Blend Vegetables Fresh Melon Beets Garlic Bread Brownies ncs= SF Cookie	16 BBQ Pork Sandwich Pork & Beans Tater Tots Orange Juice Salad Bar in Cafe	17 Turkey Sandwich on Pita Bread Broccoli Cheese Soup Tropical Fruit Grape Juice Crackers	18 Chicken and Gravy Mashed Potatoes Zucchini Apple French Bread Cookie ncs= SF Cookie
21 Sweet & Sour Pork Sugar Snap Peas with Carrots Brown Rice Apricots Bread	22 Ham with Apple Juice alt=Hamburger Patty Mashed Potatoes Green Beans Mandarin Oranges Dinner Roll Cookie ncs= sf cookie	23 No Congregate Meals Today Join us at the Fair! Home Delivery Meal Chicken Salad & Cheese Sandwich Pickled Beets Apple Grape Juice	24 BBQ Ribbet Sandwich Scalloped Potatoes Baby Carrots Banana	25 Chef's Salad with Ham & Turkey alt= Turkey only Mixed Greens Tropical Fruit Crackers Bread Apple Crisp ncs= sliced apples with cinnamon
28 Chicken Breast with Gravy Sweet Peas Zucchini Fresh Plum Dinner Roll	29 Taco Salad with lettuce, hamburger, cheese and tomatoes Apple Juice Cookie ncs= SF Cookie	30 Cheesy Potato Soup Carrot & Raisin Salad Peaches & Cottage Cheese Crackers Fruit Pie ncs= SF Pie Salad Bar in Café	31 Chef's Choice!	"nsc" means that we can provide a dessert with no concentrated sweets added. "SF" means sugar free. To access ingredients, please contact Delinda at 419-783-4813