

AUGUST 2026

MONTHLY GENERAL MENU- CONGREGATE & PACE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken & Broccoli Pasta Bake Steamed Summer Squash Apricots	4 Seasoned Chicken Quarter Street Corn Pasta Salad Green Peas Honeydew Melon	5 Taco Salad w/Seasoned Beef and Black Beans, Cheese, Tomatoes, Olives Watermelon	6 Mediterranean Baked Sweet Potato w/ Chickpeas Green Beans Cherry Crisp	7 Baked Whitefish w/ Lemon & Dill Rice Pilaf Creamy Coleslaw Cantaloupe
10 Pulled Pork BBQ Sandwich Potato Wedges Steamed Broccoli Blackberries	11 Ratatouille Ground Beef Skillet Sauteed Greens Blueberries	12 Pancakes w/ Blueberry Compote Scrambled Eggs w/ Bell Peppers Banana	13 Pork Tenderloin w/ Pear & Thyme over Mashed Potatoes Wax Beans Berry Blend	14 Salmon Patty w/ Tartar Sauce Sliced Tomatoes Peas Peaches
17 Zucchini Cheddar Chicken Casserole Green Beans Berry Blend	18 Creamy Peach Dijon Chicken Parsley Red Potatoes Roasted Beets Green Grapes	19 Summer Salad w/ Berries, Walnuts, Black Beans, Cucumber & Poppy Seed Dressing Crackers Apple	20 Roasted Red Pepper Pasta Steamed Broccoli Fresh Fruit	21 Unstuffed Cabbage Roll w/ Ground Beef Berry Crisp
24 Spaghetti w/ Meat Sauce and Mushrooms Steamed Spinach Peaches	25 Turkey Burger w/ a bun Ketchup/Mustard Sugar Snap Peas Plum	26 Broccoli Cheese Soup Roll w/ Margarine Roasted Carrots Watermelon	27 Mild Coconut Chicken Curry over Rice Cucumber Salad Baked Pears w/ Cinnamon	28 Sloppy Joe Sandwich Cheesy Potatoes Wax Beans Apple Birthday Cake
31 Zucchini Boats w/ Ground Turkey Steamed Rainbow Carrots Apple Crisp				

Meals provide a weekly average of:
Calories: 800
Carbohydrates: 75 g
Protein: 19 g
Sodium: <800 mg
Fat: <30% total calories
1/3 RDA for Vitamins & Minerals

Your contribution helps to support these services. No home-delivered meal service will be denied for an inability to contribute. We also welcome your feedback on our menu at anytime.

SUPPORTED BY:



REGION IV