


Hanna Senior Center Please Call Before 8:30 A.M For a Meal 307-325-9232

<p>August 2017</p> 						
<p>Recommended Serving Sizes 3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk</p>		<p>TUESDAY 1 Chicken Enchilada Sour cream, salsa Spanish Rice Squash Blend Apricots Raisin Spice Bar Milk</p>	<p>WEDNESDAY 2 Sloppy Jo French Fries Mixed Vegetables Frog Eye Salad Milk</p>	<p>THURSDAY 3 Ham/Pasta Salad on Lettuce leaf Beets Wheat Bread Mixed Fruit Milk</p>	<p>FRIDAY 4 Pepper Steak Rice Broccoli Wheat Roll Mandarin Oranges Milk</p>	<p>SATURDAY 5</p>
	<p>MONDAY 7 Baked Pork Chop Oven Potatoes Peas Wheat Roll Applesauce Milk</p>	<p>TUESDAY 8 Cheese Pizza w/meat/vegetable Tossed Salad Strawberries Ice Cream Milk</p>	<p>WEDNESDAY 9 Oven Chicken Mash. Pot./gravy Corn Wheat Roll Peaches Milk</p>	<p>THURSDAY 10 Lasagna Italian Vegetables Garlic Bread Fruit Cocktail Lemon Bar Milk</p>	<p>FRIDAY 11 Salmon Patty Wild Rice Blend Zucchini Wheat Roll Purple Plums Milk</p>	<p>SATURDAY 12</p>
<p>Bingo 1&15 BP checks 22nd</p>	<p>MONDAY 14 Shepard's Pie Spinach Wheat Bread Cherries Milk</p>	<p>TUESDAY 15 Sweet/Sour Pork Steamed Rice Oriental Vegetable Egg Roll Citrus Fruit Cookie Milk</p>	<p>WEDNESDAY 16 Beef Tacos lettuce, tomato, cheese Refried Beans Squash Blend Cinnamon Apples Milk</p>	<p>THURSDAY 17 Chicken Strips Tater Tots Carrot Raisin Salad Wheat Bread Fruited Jell-O Whipped Topping Milk</p>	<p>FRIDAY 18 Roast Beef Mash. Pot./gravy Mixed Vegetables Wheat Roll Pineapple Tidbits Milk</p>	<p>SATURDAY 19</p>
<p>Birthdays Vicki K 27th Rich B 30th</p>	<p>MONDAY 21 Meatloaf Baked Potato Beets Wheat Bread Apricots Milk</p>	<p>TUESDAY 22 Chicken/Noodles Asparagus Muffin Strawberries Milk</p>	<p>WEDNESDAY 23 BBQ Pork Riblet Potato Wedges Cole Slaw Wheat Roll Orange Whip Milk</p>	<p>THURSDAY 24 Chicken Fried Steak Mash. Pot./gravy Broccoli Wheat Bread Peaches Milk Evening meal 5:00</p>	<p>FRIDAY 25 Baked Fish Rice Pilaf Brussels Sprouts Wheat Roll Fruit Salad Pudding Milk</p>	<p>SATURDAY 26</p>
	<p>MONDAY 28 Cabbage Roll Casserole Oven Potato Mixed Vegetables Wheat Bread Fruit Cocktail Milk</p>	<p>TUESDAY 29 Pork Roast Sweet Potato Cauliflower Wheat Roll Pear Crisp Milk</p>	<p>WEDNESDAY 30 Beef Stroganoff Noodles Spinach Wheat Bread Cherries Milk</p>	<p>THURSDAY 31 Turkey Sandwich Potato Salad Green Beans Pineapple Tidbits Brownie Milk</p>		