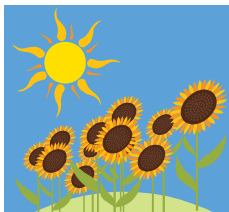




August 2010



Monday	Tuesday	Wednesday	Thursday	Friday
Meat Loaf 2 Tomato Sauce Baked Potato Peas Tossed Salad Whole wheat Bread Fruit Milk	Smothered Steak 3 Onions and Gravy Mashed Potatoes Frozen Mixed Veggies Cabbage/Apples/Celery Whole Wheat Bread Sliced Peaches Milk	Enchilada 4 Casserole Spanish Rice Pinto Beans Sunburst Fruit Salad Corn Tortilla Banana Milk	Orange Chicken 5 Parsley Potatoes Corn Spinach Salad Whole Wheat bread Fruit Milk	Roast Pork 6 Sweet Potatoes Green Beans Cole Slaw Whole Wheat bread Applesauce Milk
Lemon Baked Fish 9 Mac & Cheese Mixed Veggies Cole Slaw Whole Wheat Bread Lemon Pudding Milk	Oven Fried Chicken 10 Baked Potato Buttered Broccoli Carrot/Raisin Salad Whole Wheat Bread Applesauce Milk	Stuffed Peppers 11 Steamed Rice Squash Pickled Beet Salad Whole Wheat Bread Fruit Milk	Bar-B-Q Riblet 12 Baked Beans Corn Spinach Salad Bun Fruit Milk	Roast Beef Gravy 13 Mashed Potatoes Mixed Veggies 3 Bean Salad Whole Wheat Bread Cookies Milk
All Beef Hot Dog 16 Baked Beans Yellow Squash Spinach Salad Bun Apple Milk	Meat Loaf Tomato Sauce 17 Baked Potato Broccoli Carr Fruit Salad Whole Wheat Bread Chocolate Pudding Milk	Oven Fried Chicken 18 Mashed Potatoes Mixed Veggies Pickled Beet Salad Whole Wheat Bread Sliced Peaches Milk	Baked Fish Tarter Sauce 19 Hash Browns Spinach Lime Jell-o/Applesauce Whole Wheat Bread Fruit Milk	Enchilada Casserole 20 Spanish Rice Pinto Beans Sunburst Fruit Salad Corn Tortilla Banana Milk
Meat Loaf Tomato Sauce 23 Baked Potato Peas Tossed Salad Whole Wheat Bread Apricots / Prunes Milk	Lemon Baked Fish 24 Mac & Cheese Mixed Veggies Cole Slaw Whole Wheat Bread Applesauce Milk	Sloppy Joes 25 Baked Beans Carrots Potato Salad Bun Orange Milk	Grilled Cube Steak 26 AuGratin Potatoes Broccoli Carrot/Pineapple/Raisin Whole Wheat Bread Banana Milk	Roast Turkey Gravy 27 Mashed Potatoes Succotash Pear & Lime Jell-o Whole Wheat Bread Sliced Peaches Milk
Spaghetti Meatsauce 30 Pasta Green Beans Tossed Salad Garlic Bread Orange Milk	Bar-B-Q Chicken 31 Tator Tots Broccoli Cole Slaw Whole Wheat Bread Gelatin/Whipped cream Milk		Lunch is served Monday - Friday 11:30 a.m. Suggested Donation: \$3.00	Nelly Ayala Nutrition Manager Old-timers Foundation 477-2780

Menu is subject to change

"Funding for this service has been provided by the San Bernardino County Department of Aging and Adult Services through a grant award from the Department of Aging."

