






July 2010 Menu

Birthdays Celebrated on the 14th

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| <p>Contributions accepted from persons age 60 or over and their spouse any age. The suggested contribution range is \$3.50 - \$8.45. Cost for persons under 60 is \$8.45. All meals served with a bread, margarine and 1% milk. Gravy & salad dressing optional. Menu approved by an R.D.,L.D.. Dietary compliance is the responsibility of the participant. Menu subject to change.</p> <p>Touching Lives With Food & Friendship</p> <p>Meals Provided By Southeast Iowa AAA, Inc.</p> | | | <p>1 Chicken Salad/Leaf Spinach Wheat Bun Potato Salad Tomato Slices Apricots No Bake Cookie</p> | <p>2 Beef Macaroni Casserole Peas & Carrots Mixed Green Salad Assorted Dressing Banana & Mandarin Oranges</p> |
| <p>5 Staff Holiday Sites Closed</p>  | <p>6 Turkey Tetrazzini Mixed Vegetables Tomato Cucumber Salad Sunshine Salad Oatmeal Raisin Cookie</p> | <p>7 Hot Roast Beef Sandwich Mashed Potatoes Gravy Peas Cantaloupe Granola Bar</p> | <p>8 BBQ Chicken Potato Salad Brussel Sprouts Strawberries & Bananas</p> | <p>9 Meat Loaf Garlic Mashed Potatoes Cabbage & Carrots Tomato Spoon Salad Citrus Gelatin Salad</p> |
| <p>12 Beef Chili Casserole Mixed Green Salad Assorted Dressing Bran Raisin Muffin Blushing Peaches</p> | <p>13 Cook's Choice w/Dessert</p>  |  <p>Roast Beef Mashed Potatoes Gravy Spinach Pineapple Upsidedown Cake Ice Cream</p> | <p>15 Pulled Pork Wheat Bun Scalloped Potatoes Broccoli Salad Cantaloupe</p> | <p>16 Golden Baked Chicken Mashed Potatoes Gravy Brussel Sprouts Apricots Crispy Rice Bar</p> |
| <p>19 Ground Beef Stroganoff Sour Cream Mashed Potatoes Corn w/Pimento Fresh Fruit Cup</p> |  <p>High Sodium Meal Porkey's Sweet Potatoes Broccoli Peach Banana Gelatin Tomato Juice</p> | <p>21 Chicken Cacciatore Mashed Potatoes Gravy Peas Frosted Banana Nut Bar</p> | <p>22 Roast Pork Mushroom Sauce Parsley Butter Potatoes Asparagus Amandine Sunshine Pudding Dessert</p> | <p>23 Hamburger Wheat Bun Potato Salad Tomato Slices Broccoli Salad Sliced Strawberries</p> |
| <p>26 Florentine Meat Loaf Baked Potato Half Sour Cream Kidney Bean Salad Mandarin Oranges</p> | <p>27 Au Gratin Fish Lyonnais Potatoes Broccoli Salad Banana</p>  | <p>28 Roast Turkey Mashed Potatoes Gravy Tomato Cucumber Salad Cataloupe</p> | <p>29 Meat Sauce Spaghetti Noodles Lima Beans Layered Lettuce Salad Peach Banana Gelatin</p> | <p>30 Chicken Broccoli Rice Casserole Sunshine Carrots Citrus Sections Ranger Cookie</p> |







August 2010 Menu

Birthdays Celebrated on the 11th

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| <p>2 Honey Roasted Chicken Sour Cream Mashed Potatoes Gravy Mixed Vegetables Banana Pudding</p> | <p>3 Liver & Onions Baked Potato Half Sour Cream Harvard Beets Ambrosia Salad Tomato Juice</p> | <p>4 Cook's Choice w/Dessert</p>  | <p>5 Chicken Salad/Leaf Spinach Wheat Bun Potato Salad Tomato Slices Apricots No Bake Cookie</p> | <p>6 Beef Macaroini Casserole Peas & Carrots Mixed Green Salad Assorted Dressing</p> |
| <p>9 Glazed Ham Ball Baked Sweet Potatoes Cauliflower Peach Pear Salad</p> | <p>10 Turkey Tetrazzini Mixed Vegetables Tomato Cucumber Salad Sunshine Salad Oatmeal Raisin Cookie</p> |  <p>Hot Roast Beef Sandwich Mashed Potatoes Gravy Peas Cantaloupe Oatmeal Bar Ice Cream</p> | <p>12 BBQ Chicken Potato Salad Brussel Sprouts Strawberries & Bananas</p> <p>Touching Lives With Food & Friendship</p> | <p>13 Meat Loaf Garlic Mashed Potato Cabbage & Carrots Tomato Spoon Salad Citrus Gelatin Salad</p> |
| <p>16 Beef Chili Mac Casserole Mixed Green Salad Assorted Dressing Bran Rasin Muffin Blushing Peaches</p> |  <p>High Sodium Meal Roast Turkey Sandwich Potato Salad Tomato Slices Kidney Bean Salad Banana & Mandarin Oranges</p> | <p>18 Roast Beef Mashed Potatoes Gravy Spinach Vanilla Pudding w/ Pineapples</p> | <p>19 Pulled Pork Wheat Buns Scalloped Potatoes Broccoli Salad Cantaloupe</p> | <p>20 Golden Bake Chicken Mashed Potatoes Gravy Brussel Sprouts Apriocots Crispy Rice Bar</p> |
| <p>23 Ground Beef Stroganoff Sour Cream Mashed Potatoes Corn w/Pimento Fresh Fruit Cup</p> |  <p>High Sodium Meal Porkey's Sweet Potatoes Broccoli Peach Banana Gelatin Tomato Juice</p> | <p>25 Chicken Cacciatore Mashed Potatoes Gravy Peas Frosted Banana Nut Bar</p> | <p>26 Roasted Pork Mushroom Sauce Parsley Butter Potatoes Asparague Amandine Sunshine Pudding Dessert</p> | <p>27 Cook's Choice w/Dessert</p>  |
| <p>30 Florentine Meat Loaf Baked Potato Half Sour Cream Kidney Bean Salad Mandarin Oranges</p> | <p>31 Au Gratin Fish Lyonnaise Potatoes Broccoli Salad Banana</p> | <p>Contributions accepted from persons age 60 or over and their spouse any age. The suggested contribution range is \$3.50 - \$8.45. Cost for persons under 60 is \$8.45. All meals served with a bread, margarine and 1% milk. Gravy & salad dressing optional. Menu approved by an R.D.,L.D.. Dietary compliance is the responsibility of the participant. Menu subject to change.</p> <p>Meal Service Provided By Southeast Iowa AAA, Inc.</p> | | |

September 2010 Menu

Birthdays Celebrated on the 8th

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| <p>Contributions accepted from persons age 60 or over and their spouse any age. The suggested contribution range is \$3.50 - \$8.45. Cost for persons under 60 is \$8.45. All meals served with a bread, margarine and 1% milk. Gravy & salad dressing optional. Menu approved by an R.D.,L.D.. Dietary compliance is the responsibility of the participant. Menu subject to change.</p> | | <p>1 Roast Turkey Mashed Potatoes Gravy Tomato Cucumber Salad Cantaloupe</p> | <p>2 Meat Sauce Spaghetti Noodles Lima Beans Layered Lettuce Salad Peach Banana Gelatin</p> | <p>3 "Wild West Party" Roundup Bean Casserole Chuckwagon Corn Corn Bread Muffin Cinnamon Apples Ranger Cookie</p>  |
| <p>6 Saff Holiday Sites Closed</p>  | <p>7 Liver & Onions Baked Potato Half Sour Cream Harvard Beets Ambrosia Salad Tomato Juice</p> |  <p>6 Pork Roast Sweet Potatoes Broccoli Salad Bran Raisin Muffin Apple Cobbler Ice Cream</p> | <p>9 Chicken Salad/ Leaf Spinach Wheat Bun Potato Salad Tomato Slices Apricots No Bake Cookie</p> | <p>10 Beef Macaroni Casserole Peas & Carrots Mixed Green Salad Assorted Dressing Banana & Mandarin Oranges</p> |
| <p>13 Glazed Ham Ball Baked Sweet Potato Cauliflower Peach Pear Salad</p> | <p>14 Turkey Tetrazzini Mixed Vegetables Tomato Cucumber Salad Sunshine Salad Oatmeal Raisin Cookie</p> | <p>15 Hot Roast Beef Sandwich Mashed Potatoes Gravy Peas Cantaloupe Granola Bar</p> | <p>16 BBQ Chicken Potato Salad Brussell Sprouts Strawberris & Bananas</p> | <p>17 Meat Loaf Garlic Mashed Potatoes Cabbage & Carrots Tomato Spoon Salad Citrus Gelatin Salad</p> |
| <p>20 Beef Chili Mac Casserole Mixed Green Salad Assorted Dressing Bran Raisin Muffin Blushing Peaches</p> | <p>21 Cook's Choice w/Dessert</p>  | <p>22 Roast Beef Mashed Gravy Spinach Vanilla Pudding w/Pineapple</p> | <p>23 Golden Baked Chicken Mashed Potatoes Gravy Brussel Sprouts Apricots Crispy Rice Bar</p> | <p>24 Pulled Pork Wheat Bun Scalloped Potatoes Broccoli Salad Canatloupe</p> |
| <p>27 Ground Beef Stroganoff Sour cream Mashed Potatoes Corn/Pimento Fresh Fruit Cup</p> |  <p>High Sodium Meal Porkey's Sweet Potatoes Broccoli Peach Banana Gelatin Tomato Juice</p> | <p>29 Chicken Cacciatore Mashed Potatoes Gravy Peas Frosted Banana Nut Bar</p> | <p>30 Roast Pork Mushroom Sauce Parsley Butter Potatoes Asparagus Amandine Sunshine Pudding Dessert</p> |  <p>Service Provided By Southeast Iowa AAA, Inc.</p> |