

# OGDEN SENIOR CENTER

## NUTRITIONAL MENU

### August

MONDAY	WEDNESDAY	FRIDAY
1 French Toast with Syrup Turkey Sausage Apple Juice Yogurt	3 Fajita Chicken with Cheese, Sauce and Sour Cream Tossed Salad with French Dressing Chuckwagon Corn Flour Tortillas (2) Cantaloupe	5 Sloppy Joes on Bun Coleslaw Broccoli Fresh Apple
8 Breaded Chicken Patty on Bun Carrots Sherbet Pears	10 Chicken ala King over Biscuit Green Beans Cookie Fresh Plum	12 Swiss Steak Steamed Potatoes Swiss Blend Vegetables Marble Rye Bread Mandarin Oranges
15 Italian Chicken Sausage on Bun Peas & Carrots Cookie Apricots	17 Braised Pork Chop with Gravy Baked Potato Wheat Dinner Roll Sherbet Applesauce	19 Fish Filet with Tartar Sauce on Bun Tossed Salad French Dressing Chuckwagon Corn Fresh Orange
22 Pork Riblet Steamed Potatoes Caribbean Blend Vegetables Bran Muffin Fresh Apple	24 Tuna Salad on Greens Lentil and Black Bean Soup Fudge Brownie Peaches	26 <u>Salute to Seniors</u> Hot Dog on Bun with Condiments Orange Juice Potato Salad Iced Cream
29 Pub Burger on Bun with Catsup, Mustard and Relish Scandinavian Blend Vegetables Fresh Orande	31 Swedish Meatballs Swiss Blend Vegetables Rye Bread Muffin Top Pears	

All meals served with milk  
Certified by Joe DelGrosso, RD – 7/5/2022