

LUNCH CALENDAR

AUGUST, 2022

Whole grain bread or an alternate and 2% milk are offered with each meal. Luncheon reservations are required. Menu is subject to change. The Fulton County Meal Program is financed with meal donations, local levy funds, and AOoA grant funding. Ingredient information is available upon request.

Meal Reservations: 419-337-9299

LS Alt = Lower Sodium Alternative **(Items must be ordered at least one week in advance)**

SUGGESTED DONATION: \$3.00. LUNCH SERVED AT NOON.

LF Alt = Low Fat Alternate **(Items must be ordered at least one week in advance)**

Checks Payable to: Fulton County Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Creamed Chipped Beef Mashed Potatoes Beets Fruit Cocktail 1	Sausage Patty Sandwich Au Gratin Potatoes Butter Beans Fresh Fruit 2	Cabbage Rolls Mashed Potatoes Cook's Choice Vegetable 5 Cup Salad 3	Beef Stew Winter Squash Fruit Crunch 4	Baked Fish Macaroni & Cheese Stewed Tomatoes Oranges Juice 5
Beef & Barley Soup Tuna Salad Sandwich Marinated Carrots Jell-O 8	BBQ Pork Sandwich Roasted Potatoes Cole Slaw Baked Apples 9	Breaded Chicken Strips Rosemary Potatoes Winter Blend Vegetable Bananas 10	Chicken Fried Steak w/Country Gravy Mashed Potatoes Green Beans Dark Sweet Cherries Brownies 11	Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Spiced Applesauce Vegetable Juice 12
Sloppy Joes Roasted Potatoes Malibu Blend Vegetable Pears Yogurt 15	Salisbury Steak Mashed Potatoes Peas Apricots 16	Cold Plate Ground Bologna Sandwich (LS Alt= Chicken Salad) Tossed Salad Broccoli Salad Fresh Fruit 17	Sausage, Egg & Cheese Breakfast Sandwich Hash Brown Casserole Mixed Vegetables Fruit Salad 18	Pot Roast Boiled Potatoes Carrots Tropical Fruit 19
Swedish Meatballs Egg Noodles Brussels Sprouts Wax Beans Juice 22	Cheese Burgers Seasoned Potato Wedges Scandinavian Blend Vegetables Fresh Fruit 23	Pasta w/Meat Sauce Steamed Broccoli Cream Style Corn Peaches 24	Baked Chicken Red Potatoes Sugar Snap Peas Pineapple 25	Beef Franks (LS Alt=Chicken Breast) Baked Beans Midori Blend Vegetables Mandarin Oranges Cookie 26
Shepherd's Pie Summer Squash Fruit Crisp 29	Beef & Noodles Mashed Potatoes Green Beans Pears 30	Italian Sausage Sandwich w/Peppers & Onions (LS Alt=Turkey Franks) O'Brien Potatoes Broccoli w/Cheese Sauce Fresh Fruit Pudding 31		