

LUNCH CALENDAR

AUGUST, 2023

Whole grain bread or an alternate and 2% milk are offered with each meal. Lunch reservations are required at least 24 business hours in advance. **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
	Stuffed Chicken Breast 1 Rice Pilaf Beets Mixed Fruit Juice	Sloppy Joes 2 Roasted Potatoes Malibu Blend Apricots Pudding	Smoked Sausage & Sauerkraut 3 (LS Alt=Uncured Franks) Smashed Red Potatoes Winter Squash Pineapple	Roast Pork 4 Roasted Vegetables Brussels Sprouts Applesauce
Lasagna 7 Steamed Cauliflower Italian Green Beans Dark Sweet Cherries	Cold Pack 8 Egg Salad Sandwich Broccoli Slaw Cucumber Salad Cottage Cheese w/Fruit	Meatloaf 9 Yukon Gold Potatoes Peas Orange Sections	Swiss Steak 10 Mashed Potatoes Carrots Fresh Fruit	Sausage, Egg & Cheese Sandwich 11 Hash Brown Casserole Sweet Corn Nuggets Fruit Salad
Roast Turkey 14 Mashed Potatoes Sweet Corn Casserole Cranberry Relish	Cheese Burgers 15 Seasoned Potato Wedges Spinach Tangerine	Baked Ham 16 (LS Alt=Pork Roast) Scalloped Potatoes Winter Blend Vegetables Fruit Crunch Yogurt	Bean & Bacon Soup 17 Tossed Salad Pea Salad Cheese Cubes Jell-O	Beef & Noodles 18 Mashed Potatoes Green Beans Peaches
Hot Chicken Sandwich 21 Roasted Potatoes Peas & Carrots Fresh Fruit	Steamed Franks 22 (LS Alt=Chicken Breast) Baked Beans Mixed Vegetables Tropical Fruit Cookies	Chicken Pot Pie Soup 23 Roast Beef Sandwich Pea Salad Ambrosia	Baked Fish 24 Macaroni & Cheese Stewed Tomatoes Grapes Juice	Hamloaf 25 (LS Alt=Meatloaf) Sweet Potatoes Sugar Snap Peas Mandarin Oranges
Stuffed Peppers 28 California Blend Baked Apples Mixed Fruit	Baked Chicken 29 Mashed Potatoes Green Beans Pears	Sweet & Sour Meatballs 30 Steamed Brown Rice Midori Blend Vegetable Bananas Juice	Goulash 31 Cooked Cabbage Fruit Crisp Apples	