August 2014 Surprise Senior Center Menu

				1 Potato Salad Sloppy Joes Cauliflower Green Beans Whole Wheat Bun Watermelon
4 Raisin-Carrot Salad Blackened Chicken Breast Rice Pilaf Steamed Broccoli Sliced French Bread w/butter Banana Cake	5 Cream of Spinach HM Beef Stroganoff Egg Noodles Baked Roma Tomato Wheat roll w/butter Fruit Cocktail in fruit juice	6 Caesar Salad Pork Chop Orzo Green peas Wheat roll w/butter Sliced Fresh apples	7 Split Pea Soup Chicken Patty Chateau Potatoes Lettuce and Tomato Whole Wheat Bun Blueberry Pie	8 Marinated Cucumber/Tomatoes Baked Citrus Cod Risotto Haricot Verts Cheese Biscuit Mandarin oranges
11 Minestrone Spaghetti and Home Made Meat Sauce Whole Wheat pasta Green Beans Garlic Bread Special Cake	12 Asian Slaw Low-sodium Teriyaki Chicken Brown Rice Buttered Carrots Hawaiian roll w/butter Pineapple wedges	13 Vegetable Soup Turkey ala King Roasted Red Potatoes Corn Kernels Biscuit Cherry Pie	14 Black Bean and Corn Salad Ground Beef Soft Tacos Spanish Rice Green peas flour Tortilla Oatmeal Cranberry Cookie	15 Soup Du Jour Fish Nuggets Herb Couscous Broccoli Cheese Biscuit Mixed Melon
18 Cabbage Cole Slaw Beef Hamburger Roasted Sweet Potato Lettuce and Tomato Whole Wheat Bun Sliced Pears	19 Cream of Mushroom Soup Baked BBQ Chicken Baked Beans Brussels Sprouts Wheat roll w/butter Apple Pie	20 Marinated Vegetable Salad Pork Roast Brown Rice Steamed Broccoli Cornbread Sliced Peaches	21 Soup of the Day Swedish Meatballs Egg Noodles Steamed Carrots Wheat roll w/butter Watermelon slices	22 Cottage Cheese and Peaches Chicken and Rice Casserole Haricot Verts Sliced French Bread w/butter Lemon Cake
25 Soup Du Jour Grilled Pork Chop Cous Cous Spinach French Bread w/butter Applesauce	26 Caesar Salad Pot Roast Mashed Potatoes w/gravy Carrots, onions, and Celery Wheat roll w/butter Strawberries with Yogurt	27 Lentil Soup Diced Chicken Marinara Wheat angel hair pasta Green Beans Garlic Bread Birthday Cake	28 Spring Greens w/strawberries And candied pecans Turkey pan pie Rice Medley Sweet Peas Biscuit Mandarin oranges	29 Corn Chowder Baked Tilapia Sweet Potato hash Brussels Sprouts Wheat roll w/butter Carrot Cake