

# Meals on Wheels & Congregate Meals Menu

## August

15

DATE	HOT MENU ENTRÉE	COLD MENU ENTREE
Tuesday, August 1	Hamburger, Potato Salad, Asparagus, Tossed Salad	Cottage Cheese, Tomato Wedges, Peaches
Wednesday, August 2	Turkey & Gravy, Rice, Mixed Vegetables, Oranges	Ham & Swiss, Coleslaw, Baked Beans, Applesauce
Thursday, August 3	BBQ Chicken, Potatoes, Brussels Sprout, Pears	Turkey Slices, Potato Salad, Broccoli Raisin Salad
Friday, August 4	Beef Stroganoff, Caribbean Blend Veggies, Peaches	Egg Salad Sandwich, Tomato Salad, Apricots
Monday, August 7	Goulash, Peas & Carrots, Spinach, Wheat Roll	Shaved Roast Beef, Creamy Cucumbers, Strawberries
Tuesday, August 8	Pork Chop w/Mushroom Gravy, Au Gratin Potatoes	Pasta Salad w/Tuna, Baked Beans, Mandarin Oranges
Wednesday, August 9	Swiss Steak, Key West Blend Veggies, Coleslaw	Chef Salad, Strawberries, Bran Muffin
Thursday, August 10	Fish with Lemon, Rice Pilaf, Malibu Blend Veggies	Liverwurst Sandwich, Kidney Bean Salad, Peaches
Friday, August 11	Cabbage Rolls, Mixed Vegetables, Creamy Cucumbers	Chicken Salad Sandwich, Carrot Raisin Salad, Pears
Monday, August 14	Pizza Casserole, Italian Blend Veggies, Peaches	Shaved Roast Beef Sandwich, Tomato Salad, Banana
Tuesday, August 15	Chicken Parmesan over spaghetti, Tropical Fruit	Turkey & Cheese Wrap, Three Bean Salad, Pineapple
Wednesday, August 16	Veal Patty w/Gravy, Beets, Spinach Salad	Ham & Swiss Sandwich, Potato Salad, Applesauce
Thursday, August 17	Ham Slice, Sweet Potatoes, Key West Blend Veggies	Peanut Butter & Jam, Grapes, Carrot Sticks
Friday, August 18	Beef Manhattan, Mashed Potatoes, Carrots	Ham & Turkey Sub, Broccoli & Cauliflower Salad
Monday, August 21	BBQ Chicken, Au Gratin Potatoes, Toss Salad, Apricots	Cottage Cheese, Tomato Wedges, Kidney Bean Salad
Tuesday, August 22	Beef & Noodles, European Blend Veggies, Spinach	Chicken Salad, Tossed Salad, Three Bean Salad
Wednesday, August 23	Pork Loin, Sweet Potatoes, Southern Green Beans	Deviled Eggs, Carrot Raisin Salad, Tropical Fruit Salad
Thursday, August 24	Pepper Steak, Rice, Wax Beans, Jell-O with Fruit	Pasta Salad W/Tuna, Tomato Salad, Apricots
Friday, August 25	<b>Farm To Table Meal</b>	Turkey Slices, Broccoli Raisin Salad, Mandarin Oranges
Monday, August 28	Mac & Cheese, Ham, Peaches & Pudding	Tuna Salad Sandwich, Cauliflower Salad, Grapes
Tuesday, August 29	Chicken & Biscuits, Broccoli, Pears, Biscuits	Turkey & Cheese Wrap, Baked Beans, Cucumbers
Wednesday, August 30	Tuna Noodle Casserole, Caribbean Blend Veggies	Hammy Sammy, Potato Salad, Banana
Thursday, August 31	Salmon Patty w/Dill, Garlic Mash Potatoes, Fruit Mix	Shaved Roast Beef, Kidney Bean & Pea Salad, Pears

\*Meals are served with side dishes and milk, to provide 1/3 the Recommended Daily Allowances for adults 60+

### Join us for Lunch

**\*Call the COA to reserve your lunch at Three Rivers, Klines or Sturgis.**

**Kline's Resort**  
269-279-8083  
Fridays @ Noon  
22260 Kline's Resort Rd.  
Three Rivers, MI 49093

**Three Rivers  
Community Center**  
269-279-8083  
Monday-Friday @ Noon  
103 S. Douglas Avenue  
Three Rivers, MI 49093

**Enrichment Center**  
269-279-8083  
Monday-Friday @ Noon  
306 N. Franks Avenue  
Sturgis, MI 49091

The COA offers lunch on the first and third Monday of each month in Colon at Mystic Grove Apartments. Any COA member is welcome.