

**Elderly Nutrition Program in Yolo County
People Resources, Inc**

August 2010

=Higher Sodium Meal

Monday Aug 2	Tuesday Aug 3	Wednesday Aug 4	Thursday Aug 5	Friday Aug 6
Lemon Herb Fish *AuGratin Potatoes Stewed Tomatoes+ *Whole Wheat Roll *Fruit Juice+	*Chicken & Pasta Salad *Savory Carrot Slaw* *Watermelon *Whole Wheat Bread **Chocolate Chip Cookie	Country Fried Steak w/Gravy *Mashed Potatoes+ *Chef's Blend Vegetables* *Wheat Bread *Juice+	*Apple Cider Chicken **Baked Beans *Broccoli+* *Cornbread *Apricot Halves*	*Antipasto w/Ham & Orzo *Fresh Veggie Sticks* w/Ranch *Raspberry Whip+ *Wheat Crackers
Monday Aug 9	Tuesday Aug 10	Wednesday Aug 11	Thursday Aug 12	Friday Aug 13
*Fruit Juice+ **Turkey Bacon Burger w/Cheddar *O'Brien Potatoes *Corn off the Cob <input checked="" type="checkbox"/>	*Spaghetti & Meatballs Garden Salad*+ *Garlic Bread *Pears	*Stuffed Tomato w/Tuna On Crispy Salad Mix *Potato Salad *Wheat Crackers *Fresh Fruit+	Acapulco Chicken *Baja Vegetables *Brown Rice Pilaf *Mango & Jicama Salad* *Whole Wheat Bread	Best of Summer Sub **Tomatoes, Cucumber, Spinach Onion & Aioli Spread on Baguette *Macaroni Salad **Ambrosia+
Monday Aug 16	Tuesday Aug 17	Wednesday Aug 18	Thursday Aug 19	Friday Aug 20
**Polish Dog w/Bun Sauerkraut+ *Mixed Vegetables* *Fresh Fruit+ <input checked="" type="checkbox"/>	*Greek Salad Fresh Greens topped w/Feta, Olives, Artichoke, Hardboiled egg, tomatoes & more! *Sunset Gelatin Salad+ *Cucumber w/Dill	Teriyaki Beef *Brown Rice *Stir Fry Vegetables* *Fortune Cookie *Pineapple Tidbits+	**Turkey Sandwich w/Swiss *Potato Chips *Broccoli Salad+ *Fresh Fruit	*Fruit Juice+ Finger Licking BBQ Chicken *Cowboy Beans *Crunchy Cabbage Slaw+* *Buttermilk Biscuit
Monday Aug 23	Tuesday Aug 24	Wednesday Aug 25	Thursday Aug 26	Friday Aug 27
*Juice+ *Frittata w/Cheese, Eggs, & *Potatoes Spinach* **Blueberry Bake	Pork Chop w/Marsala Sauce *Baked Barley California Blend Vegetables*+ *Wheat Bread *Cinnamon Applesauce	Happy Birthday *Cobb Salad w/Chicken, Bacon Tomatoes, Cheese & More *Wheat Crackers *Citrus Salad+ **Birthday Cake	Salisbury Steak w/Gravy *Mashed Potatoes+ *Peas & Carrots* *Wheat Roll *Fresh Melon+	**Black Bean Nacho Pizza Garden Salad w/Avocado Dressing *Tropical Fruit+
Monday Aug 30	Tuesday Aug 31			
*Fruit Cup+ Chicken Parmesan w/Marinara *Wheat Pasta *Italian Blend Vegetables *Baguette	Oven Fried Fish *Brown Rice Medley *Glazed Carrots* *Wheat Roll *Fresh Fruit+		\$ 3.00 Suggested Senior Contribution \$3.50 for Essential Volunteers (under 60)	\$ 7.00 GUEST FEE for people under 60 unless accompanied by their senior spouse

Each meal includes 8 oz 1% milk Margarine & Condiments optional +Vitamin C * Vitamin A Please See reverse side for info about "*" used on this menu. Menu subject to change

Congregate Dining Sites Reservations/Cancellations must be made by noon the day before by calling the site:
Davis Senior Center 646 A Street 757-5541 ♦♦♦ **West Sac Senior Center** 664 Cummins Way (916) 373-5805
Winters Community Center 201 Railroad Avenue 795-4241 ♦♦♦ **Woodland Senior Center** 2001 East Street 668-0974
Knights Landing/Esparto 662-7035 ♦♦♦ **Elderly Nutrition Program Main Office 662-7035**

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