



AUGUST 2020

Jacobs Senior Center
801.785.2818



Regular Meals ONLY. No Alternate Meals during the month of August.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Teriyaki Chicken Bowl (08) Steamed Brown Rice (21) Fresh Steamed Broccoli (04) Fresh Apple (28) Fresh Baked Roll (15)	4 Honey Baked Ham and Turkey Sub Sandwiches (15) Crisp Potato Chips (14) Home style Macaroni Salad (20) Apple Sauce (28)	5 Ziti Pasta with Meat Sauce (25) Garden Green Salad (02) Fresh Baked Garlic Roll (15) Seasonal Fruit Crisp (67) Green Beans (02)	6 Creamed Chicken over White Rice (30) Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Pineapple Tidbits (07)	7 Country Fried Steak (04) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Peaches (18)
10 Swedish Meatballs (39) Rice Pilaf (21) Steamed Carrots (06) Sliced Peaches (18) Fresh Baked Roll (16)	11 Grilled Hamburgers with Fresh Baked Bun (17) Lettuce and tomato (01) Roasted Corn (14) Cinnamon Applesauce (14)	12 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (08)	13 Santa Fe Shredded Turkey on Brown Rice (30) Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)	14 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Crinkle Cut Carrot (06) Fresh Baked Roll (15) Mandarin Oranges (11)
17 Homemade Meat Loaf (03) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Navel Orange (22) Fresh Baked Roll (15)	18 Ms. Helen's Cheesy Beef Lasagna (19) Seasoned Green Beans (02) Fresh Garlic Roll (15) Jackie's Cake (28)	19 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	20 Broiled Bratwurst with Fresh Baked Hoagies (17) Sauerkraut (04) Mixed Fruit and Jell-O Cup (09) Roasted Corn (14) Fresh Brownie (23)	21 Garlic Roasted Beef Round (00) Herb Roasted Baby Potatoes (15) Seasoned Peas (11) Mixed Fruit Cocktail (08) Fresh Baked Roll (16)
24 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Pears (19)	25 Cured Honey Baked Ham (00) Scalloped Potatoes (13) Diced Beets (06) Fresh Baked Corn Bread (33) Apple Sauce (08)	26 Three Cheese Tortellini with Bolognese Sauce (28) Garden Green Salad (02) Diced Carrots (06) Cinnamon Apple Crisp (67) Fresh Baked Roll (15)	27 Shepherd's Pie (79) Seasoned Peas (11) Cottage Cheese and Mixed Fruit (12) Fresh Baked Roll (16) Chocolate Brownie (23)	28 Barbeque Chicken (03) Au Gratin Potatoes (19) Seasoned Green Beans (02) Fresh Orange (22) Fresh Baked Roll (16)
31 Sloppy Joe (0) Fresh Hamburger Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Navel Oranges (22)			Suggested donation \$3/meal Menu subject to change	Low fat milk (12) is provided with each meal Numbers in parentheses represent carbohydrate count