

## CRW Elder Services Inc. - August 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>2-Aug</b>	<b>3-Aug</b>	<b>4-Aug</b>	<b>5-Aug</b>	<b>6-Aug</b>	
	ORANGE <u>BEEF STEAK</u> , STIR FRY VEGETABLES, ORIENTAL RICE, WHEAT BREAD w/MARGARINE, PINEAPPLE TIDBITS	*L.S. HOT DOG * ON A HOT DOG BUN w/KETCHUP & MUSTARD, VEGETARIAN BEANS, COLESLAW, FRESH PLUM <b>*HIGH SODIUM*</b>	*PIER 17* FISH w/TARTAR SAUCE, AU GRATIN POTATO, SNOW PEAS & PEARL ONIONS, MULTIGRAIN BREAD w/MARGARINE, <u>APPLE CINNAMON MUFFIN</u>	<u>CHEESE LASAGNA</u> , w/ <u>MEAT SAUCE</u> BRUSSEL SPROUTS, DICED CARROTS DINNER ROLL w/MARGARINE, CHOCOLATE PUDDING	BAKED CHICKEN W/ HAWAIIAN SAUCE, LYONNAISE POTATOES, ITALIAN MIXED VEGETABLES, WHEAT BREAD w/MARGARINE, DICED PEACHES	
	<b>9-Aug</b>	<b>10-Aug</b>	<b>11-Aug</b>	<b>12-Aug</b>	<b>13-Aug</b>	
	FISH AND CHIPS (seasoned potato wedges), TARTAR SAUCE, CUT CORN OATMEAL BREAD w/MARGARINE, <b>*LEMON GRAHAM COOKIE*</b>	CHEESE STUFFED SHELLS w/ <u>MEAT SAUCE</u> , ITALIAN BLEND VEGETABLES, WHEAT ROLL w/MARGARINE, FRESH ORANGE	BAKED CHICKEN W/MARSALA SAUCE, HOT BOWTIE PASTA SALAD w/ROASTED PEPPERS, ARTICHOKES & OLIVE OIL, TOSSED SALAD w/ L.S. DRESSING, DINNER ROLL w/MARGARINE, FRESH APPLE	SWEET AND SOUR PORK RIB, DELMONICO POTATOES, CARROT ROUNDS, WHEAT BREAD w/MARGARINE, <u>CHERRY SNACK AND LOAF MUFFIN</u>	ROASTED TURKEY, w/LS GRAVY, MASHED POTATOES, GREEN PEAS, SCALA BREAD w/MARGARINE, FRESH PLUM <b>*CONG. FROZEN FRUIT SMOOTHIE *</b>	
	<b>16-Aug</b>	<b>17-Aug</b>	<b>18-Aug</b>	<b>19-Aug</b>	<b>20-Aug</b>	
	APRICOT GLAZED CHICKEN HERBED TRI-COLOR SPIRAL PASTA, COLESLAW, WHEAT BREAD w/MARGARINE, FRESH PEACH	SWEDISH <u>MEATBALLS</u> w/LS GRAVY, EGG NOODLES, SPINACH w/MUSHROOMS, OATMEAL BREAD w/MARGARINE, MANDARIN ORANGES	ROAST PORK, w/LS APPLE GRAVY, SWEET POTATOES, BRUSSEL SPROUTS, WHEAT DINNER ROLL w/MARGARINE, <u>CRANBERRY ORANGE MUFFIN</u>	POTATO CRUNCH FILET OF FISH W/ TARTAR SAUCE, VEGETABLE MEDLEY, AUGRATIN POTATOES, WHEAT BREAD w/MARGARINE, CHILLED PEARS	<b>HAPPY BIRTHDAY TO OUR AUGUST CLIENTS</b> <u>BBQ BEEF STEAK</u> WHIP POTATO, BROCCOLI , DINNER ROLL w/MARGARINE, BIRTHDAY CAKE W/ WHIP TOPPING	
	<b>23-Aug</b>	<b>24-Aug</b>	<b>25-Aug</b>	<b>26-Aug</b>	<b>27-Aug</b>	
	<u>SALISBURY STEAK</u> w/L.S. STEWED TOMATO GRAVY, SWEET POTATO, ASPARAGUS, DINNER ROLL w/MARGARINE, VANILLA PUDDING	BREADED <u>CHICKEN PATTIE</u> w/ L.S. GRAVY, GARLIC MASHED POTATOES, DICED CARROTS, WHEAT BREAD w/MARGARINE, CHILLED PEACHES	*PIER 17 FISH* W/ TARTAR SAUCE, AU GRATIN POTATO, GREEN BEANS, RYE BREAD w/MARGARINE, <u>CHERRY SNACK &amp; LOAF MUFFIN</u>	ITALIAN SAUSAGE W/ PEPPERS AND ONIONS ON A HOT DOG BUN, VEGETARIAN BAKED BEANS, COLE SLAW WHEAT BREAD w/MARGARINE, FRESH ORANGE <b>*HIGH SODIUM*</b>	BROCCOLI AND CHEESE STUFFED CHICKEN BREAST, SPINACH, WILD RICE PILAF, OATMEAL BREAD w/MARGARINE, FRESH APPLE	
	<b>30-Aug</b>	<b>31-Aug</b>				
	SALMON FILET CHIVE CREAM SAUCE, ROASTED POTATOES, MIXED VEGETABLES, WHEAT BREAD W/ MARGARINE, FRESH ORANGE	AMERICAN CHOP SUEY w/ <u>GROUND BEEF</u> , BRUSSEL SPROUTS, DINNER ROLL w/MARGARINE, NECTARINE				

NOTE: MILK IS SERVED WITH ALL MEALS.

\*MENU SUBJECT TO CHANGE WITHOUT NOTICE\*

FAMILY FOOD SERVICES