



SENIOR MEALS OF COOS COUNTY

NUTRITION · EVENTS · COMMUNITY · EDUCATION
TRI-COUNTY COMMUNITY ACTION, INC

August 2020, Menu

<p>3 Chicken Lo Mein Sauteed Cabbage Vanilla Pudding w/fruit</p>	<p>4 Fish & Chips Peas & Onions Carrot cake</p>	<p>5 Stuffed Shells w/meatsauce Italian Blend veg Garlic bread Apple crisp</p>	<p>6 Turkey, stuffing, mashed potato Carrots Dessert</p>	<p>7 Sloppy Joe Corn fresh fruit</p>
<p>10 Chicken fingers Fried rice Normandy Blend Pineapples</p>	<p>11 Gr. Beef pot pie Green beans Banana cream pie</p>	<p>12 Roast Pork w/gravy Mashed potato Peas & carrots Chocolate Chip Cookie</p>	<p>13 Ham salad plate w/ Waldorf Salad Tomato Cucumber Salad Lemon/berry parfait</p>	<p>14 Chicken casserole Carrots Fresh fruit</p>
<p>17 Chinese Pie Brussel sprouts Pears</p>	<p>18 Kielbasa Mashed potato Green Beans Ice box cake</p>	<p>19 Sweet N Sour Chicken/Rice Roasted Broccoli & Cauliflower Peanut butter bar</p>	<p>20 Tuna salad plate w/lettuce, tomato, pickle Potato salad Strawberry shortcake</p>	<p>21 Porcupine Meatballs w/gravy Mashed garlic potato Zucchini Fresh fruit</p>
<p>24 Pulled pork sand. Potato wedges Cole slaw Peaches</p>	<p>25 Taco Bake Carrots Oatmeal Chocolate chip bar</p>	<p>26 BBQ chicken Rice pilaf Broccoli w/cheese sauce Blueberry cake</p>	<p>27 American chop suey Green Beans parfait</p>	<p>28 Chef's choice Fresh Fruit</p>
<p>31 Bacon cheeseburger Pasta Salad pickles 3 beans salad Chips Tropical Fruit</p>	<p>Menu subject to change without notice</p>	<p>Please call if you are not going to be home. <u>752-2545</u></p>	<p>Bread & milk served daily</p>	<p>Suggested Donation \$3.00 per meal</p>