

**Note: Phone Number  
480-4337**

**SENIOR LUNCH PROGRAM  
AUGUST 2019  
Served at 11:30 am**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Chili Beans *Mixed Vegetables Romaine Salad Corn Bread with Margarine +Cantaloupe Slices	<b>2</b>
<b>5</b> Italian Sausage Bake Romaine Salad +Brussels Sprouts +Cantaloupe Garlic Bread	<b>6</b>	<b>7</b> Beef Macaroni Casserole Green Beans *CA Mixed Vegetables +Orange Slices	<b>8</b> Crustless Vegetable Quiche +Red Potato Wedges *Carrot Coins Seasonal Fresh Fruit	<b>9</b>
<b>12</b> Chicken Fajitas with Onions and Bell Peppers Corn Brown Rice +Orange Slices Flour Tortillas	<b>13</b>	<b>14</b> Roast Pork *Sweet Potatoes CA Mixed Vegetables +Honeydew Whole Wheat Bread with Margarine	<b>15</b> BBQ Chicken +Red Potatoes Tossed Green Salad with Dressing Seasonal Fresh Fruit	<b>16</b>
<b>19</b> Meatloaf +Mashed Potatoes with Gravy *Pease and Carrots Pineapple Chunks Whole Wheat Roll with Margarine	<b>20</b>	<b>21</b> Chicken Enchilada Casserole Refried Beans *Carrot Coins Green Salad with Dressing +Orange Slices	<b>22</b> Spaghetti with Meat Sauce Green Beans *CA Mixed Vegetables +Honeydew Breadstick	<b>23</b>
<b>26</b> Hot Dog on Whole Wheat Bun BBQ Beans +Coleslaw with Bell Peppers +Honeydew	<b>27</b>	<b>28</b> Pulled Pork Whole Wheat Bun +Potato Salad *Carrot Raisin Salad Seasonal Fresh Fruit	<b>29</b> Beef Lasagna Green Salad with Dressing *Peas and Carrots +Orange Slices Breadstick	NOTE: ☼=Meal >1000 Mg sodium +=good source of Vitamin C *=good source of Vitamin A 1% milk offered at all meals  Meals Subject to change

**FOR RESERVATIONS** Call 1-day in advance: Modesto Senior Center 480-4337