



August Menu



Come to the Center Dining Room for Good Food, Fellowship and Fun
Monday and Wednesday 12:00

Monday

Wednesday

| Reservations must be made by 9:30AM Friday for Monday's meal | | Reservations must be made by 9:30AM Tuesday for Wednesday's meal |
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| August 1 Sliced Turkey in gravy Home Fries California Blend Vegetables Dinner Roll Pumpkin Pudding w/Cream | | August 3 Pork Chops Hash Browns with Cheddar Green Beans with Cannellini Beans Dinner Roll Strawberry Shortcake |
| August 8 Baked Penne Pasta with Ground Beef & Mozzarella Cheese Green Beans Dinner Roll Fruit Cup | | August 10 Picnic On the Lawn Turkey Subs 3 Bean Salad Mixed Fruit Cup Chips Chocolate Chip Cookie |
| August 15 Shepherd's Pie Mashed Cauliflower Carrots Wheat Dinner Roll Oatmeal Cookie | | August 17 Cheese Ravioli with Italian Sausage and Parmesan Cheese Squash Biscuit Watermelon |
| August 22 Birthday Dinner Italian Chicken Breast Sweet Potatoes California Mixed Vegetables Dinner Roll Birthday Cake | | August 24 Cheese Omelet Home Fries Broccoli Florets Potato Roll Apricots |
| August 29 Riblet with BBQ Sauce Red Potatoes with Seasoning Italian Vegetables Dinner Roll Apple Cake | | August 31 Pork Loin Sauce Mashed Potatoes Spinach Biscuit Pears |

The Community Center congregate meal service provides a nutritious meal
and opportunities for socialization - essential parts of a healthy lifestyle. Please join us!
For at home meals contact the Meals on Wheels Program-Southwestern Vermont Council on Aging.
1-800-642-5119 or 802-786-5990