






Congregate Meal Menu August 2020

Evans 1116 Hillcrest
 Goodbar 3000 Concord
 Rutherford 900 Rutherford

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Monday	Tuesday	Wednesday	Thursday	Friday
8/3/2020	8/4/2020	8/5/2020	8/6/2020	8/7/2020
Turkey Tetrizzini Catalina Vegetables Brussels Sprouts Wheat Bread Chocolate Chip Cookie Milk	BBQ Chicken Thigh Parslied Rice California Vegetable Wheat Bread Cherry Gelatin with Peaches Milk	Tuna Salad Pasta Salad Pickled Beets Wheat Bread Oatmeal Cream Cookie  Milk	Meatloaf Tomato Gravy Ranch Whipped Potatoes Herbed Green Beans Multi Grain Bread Cinnamon Swirl Pudding Juice	Ham and Lima Beans* Stewed Tomatoes Cabbage Corn Muffin Fresh Orange Milk Margarine
8/10/2020	8/11/2020	8/12/2020	8/13/2020	8/14/2020
Southwest Chicken Pinto Beans Country Tomatoes Texas Bread Butterscotch Swirl Pudding Milk	Smoked Sausage* Black-Eyed Peas Country Vegetables Hot Dog Bun Lime Gelatin with Pears Milk Mustard	Salisbury Beef Onion Gravy Whipped Potatoes Italian Green Beans Dinner Roll  Sugar Cookie  Milk	Marinara Chicken Meatballs Parmesan Penne Pasta Peas & Carrots Wheat Bread Fresh Apple Juice Ranch Salad Dressing	Hamburger Patty~ Lettuce and Tomato Ranch Beans Hamburger Bun Apple Crisp Milk Mustard and Ketchup
8/17/2020	8/18/2020	8/19/2020	8/20/2020	8/21/2020
Beef Spanish Rice Chuckwagon Corn Cauliflower Wheat Bread Chocolate Chip Cookie Milk	Shredded BBQ Pork* Macaroni and Cheese Medley Cabbage Hamburger Bun Craisins Milk	Chicken Breast with Gravy Scalloped Potatoes Braised Carrots Dinner Roll Strawberry Gelatin with Pineapple Milk	Beef Hot Dog Baked Beans Coleslaw Hot Dog Bun Peach Cobbler Juice Mustard	Margarita Chicken Mexican Rice Broccoli Wheat Bread Creamsicle Pudding Milk
8/24/2020	8/25/2020	8/26/2020	8/27/2020	8/28/2020
BBQ Pork Rib Patty*~ Parslied Rice Italian Green Beans Dinner Roll Gingerbread Cookie Milk	Spaghetti Meatballs Over Penne~ Glazed Carrots Broccoli Texas Bread Cherry Gelatin with Peaches Milk	Honey Glazed Turkey Whipped Potatoes with Skins Glazed Beets Multi Grain Bread Strawberry Swirl Pudding Milk	Chicken Alfredo Peas and Carrots Country Tomatoes Texas Bread Fresh Orange Juice	Hamburger Patty~ Lettuce and Tomato Tater Tot Casserole Hamburger Bun Oatmeal Cream Cookie  Milk Mustard and Ketchup
8/31/2020	* - Contains Pork ~ - Entrée Contains Soy  - Contains Peanuts			
Turkey Pot Pie Broccoli Country Tomatoes Dinner Roll Cinnamon Crisp Bar Milk	<p><i>Sarah Hutsler, RD, LD</i> Sarah Hutsler, RD, LD #DT81463 Expires 11/30/2021</p>			

Lunch is served Monday through Friday at Evans and Goodbar Senior Centers. There is a suggested donation of \$1 for adults 60+ and a cost of \$5.50 for adults 59 and under. The project is supported in part by the City of Mesquite, The Dallas Area Agency on Aging and the Texas Department of Health & Human Services. Reservations are requested 2 days in advance and may be made by calling or visiting the centers during hours of operation.

