


August 2023 Meals on Wheels & Senior Café

Meals on Wheels - Please remember to cancel your meal 24 hours in advance of any appointments, etc.

Sylva 631-8044 Cashiers 745-6856

Senior Café—Reservations & Cancellations required by 3pm one day in advance

Sylva 631-8045 Cashiers 745-6856

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Swiss Steak (with tomatoes) Boiled New Potatoes Oven Fried Okra Banana Roll Milk	2 Chef Salad w/turkey & ham - asstd dressings Potato Salad Cottage Cheese & Fruit Crackers Milk	3 Bkd Chicken Thigh Sweet Potato Souffle Green Peas Grapes Dinner Roll Milk	4 Pork Chop Baked Beans Potato Salad Banana Glazed Carrots WW Roll Milk
7 Salisbury Steak with Peppers & Onions Yellow Rice Broccoli Peaches Roll Milk	8 Macaroni & Cheese Black Eyed Peas Stewed Tomatoes Cornbread Sugar Cookie Milk	9 Trio Salad (tuna, egg, chicken) Tossed Salad Crackers Pasta Salad Milk Strawberries Romanoff	10 Bkd Chicken Breast Pasta Alfredo Broccoli Mandarin Oranges WW Roll Milk	11 Pinto Beans Steamed Cabbage Fried Potatoes/Onions Cornbread Milk Watermelon Cubes
14 Chicken Salad Croissant Shredded Lettuce & Diced Tomato Milk Pasta Salad Fresh Banana	15 Fried Fish Filet Baked Beans Milk Creamy Cole Slaw Hush Puppies Fresh Orange	16 Country Fried Steak w/Cream Gravy Macaroni & Cheese Black Eyed Peas WW Dinner Roll Coconut Cake Milk	17 Bkd Chicken Thighs Baked Sweet Potato Green Peas WW Roll Peach Parfait Milk	18 Spaghetti w/Meat Sauce Lima Beans Tossed Salad w/drsng Garlic Bread Milk Warm Peach Cobbler
21 Chicken Tenders Mashed Potatoes Black Eyed Peas Pineapple Tidbits WW Roll Milk	22 Pork Chop Baked Sweet Potato Broccoli w/Cheese Sauce Biscuit Milk Fresh Orange	23 Cream Turkey w/Rice Mexican Corn Green Beans Banana Roll Milk	24 Roast Pork Pinto Beans Turnip Greens Cornbread Peach Crisp Milk	25 Crab Cakes Mashed Potatoes Green Peas Pineapple Chunks Granola Bar Milk
28 Cheeseburger Lettuce, Tomato, Onion Tater Tots Milk Baked Beans Coleslaw Watermelon Cubes	29 Chicken Cordon Bleu Oven Roasted Potatoes Strawberry Spinach Salad Spiced Apples Texas Toast Milk	30 Deli Sandwich (beef, turkey, ham) on WW Bread w/Swiss Cheese Italian Tomato Salad Red, White & Blueberry Fruit Salad Milk	31 Baked Chicken Squash Casserole Lima Beans Roll Applesauce Milk	