

# August 2025 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 Baked Pork Chop Baked Beans Potato Salad Glazed Carrots Banana Milk
4 Salisbury Steak Sautéed Peppers & Onions Yellow Rice Buttered Broccoli Peaches Roll Milk	5 Spaghetti & Meat Sauce Lima Beans Side Salad Texas Toast Milk Peach Cobbler	6 Trio Salad (Tuna, Egg, Chicken) Side Salad Crackers Milk Pasta Salad juice/oj Strawberries Romanoff	7 Baked Chicken Thigh Pasta Alfredo Buttered Broccoli Mandarin Oranges Roll Milk	8 Pinto Beans Steamed Cabbage Fried Potatoes/Onions Cornbread Milk Watermelon
11 Fried Fish Filet Baked Beans Creamy Cole Slaw HushPuppies Fresh Orange Milk	12 Chef Salad w/Turkey & Egg Potato Salad Cottage Cheese /Peaches Crackers Milk	13 Country Fried Steak Pepper Gravy Mac- aroni & Cheese Black Eyed Peas WW Dinner Roll Coconut Cake Milk	14 Mac & Cheese Black Eyed Peas Stewed Tomatoes Cornbread juice/oj Sugar Cookie Milk	15 <b>ELV IS DAY</b> BBQ Glazed Meatloaf Mashed Potatoes Squash Casserole Fresh Banana Snickerdoodle Cookie Roll Milk
19 Pork Roast Pinto Beans Turnip Greens Cornbread Peach Crisp Milk	20 Turkey Rice Casserole Mexican Corn Green Beans Milk Banana Roll Snickerdoodle Cookie	21 Baked Pork Chop Baked Sweet Potato Broccoli w/ Cheese Orange Biscuit Milk	22 Chicken Salad Croissant Lettuce & Tomato Pasta Salad Fresh Banana Milk juice/oj	23 Cheeseburger Bun L, T, O, & P Tater Tots Milk Baked Beans Confetti Coleslaw Watermelon Cubes
25 Chicken Tenders Mashed Potatoes &Gravy Black Eyed Peas Pineapple Tidbits Roll Milk	26 Swiss Steak w/ Tomatoes Boiled New Potatoes Oven Fried Okra Banana Milk Juice/oj Roll	27 Baked Chicken Thigh Squash Casserole Lima Beans Roll Applesauce Milk	28 Beef/Ham Sandwich (Hogie) Italian Tomato Salad Red, White & Blueberry Fruit Salad Milk	29 Chicken Cordon Bleu Oven Roasted Potatoes Strwbry Spinach Salad Spiced Apples juice/oj Texas Toast Milk