

Senior Coastsiders Lunch Menu—August 2010

Senior Dining is for those 60 years and over. Lunch is served at 11:45. \$4.00 is the suggested donation

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Chicken Breast Soft Taco Rice & Refried Beans Salsa, Cheese & Shredded Lettuce Orange</p>	<p>3 Baked Penne with 3 Cheeses Broccoli Green Salad Garlic Bread</p>	<p>4 Roasted Pepper and Basil Frittata Summer Ratatouille French Bread Fresh Peach</p>	<p>5 Egg Roll Lemon Chicken Bok Choy Steamed Rice Orange</p>	<p>6 All Beef Frank on a Bun Baked Beans Cole Slaw Pineapple Chunks</p>
<p>9 Beef Kabob w/ Squash, Red Pepper and Onion Brown Rice Green Salad Fresh Orange</p>	<p>10 Thyme Roasted Chicken New Potatoes Green Beans Green Salad w/ Green Pepper</p>	<p>11 Smothered Pork Chop Red Beans and Rice Swiss Chard Cole Slaw Apple Cobbler</p>	<p>12 Tuna Tetrizzini Broccoli & Cauliflower Sourdough Bread Fresh Orange</p>	<p>13 Sausage & Cheese Pizza 3 Bean Salad Green Salad Strawberries</p>
<p>16 Fish Tacos Shredded Cabbage Salsa Rice Black Beans Watermelon</p>	<p>17 BBQ Chicken Breast Macaroni Salad Green Beans Pineapple Cole Slaw Fresh Orange</p>	<p>18 Fettucine Alfredo with Shrimp & Fresh Basil Green Beans & Carrots Green Salad French Bread</p>	<p>19 <i>Birthday Lunch</i> Sauerbraten Parsley Egg Noodles Mixed Vegetables Green Salad w/ Green Pepper Dinner Roll</p>	<p>20 Chicken Adobo Steamed Rice Broccoli Green Salad w/ Oranges and Red Pepper</p>
<p>23 Grilled Chicken Sausage on a bun White Beans w/ Tomatoes Cucumber Salad</p>	<p>24 Stifado (Greek Beef Stew) Lemon Rice Summer Squash Tomato Basil Salad Whole Wheat Bread</p>	<p>25 Chicken Tostada w/ Shredded lettuce & Salsa Pinto Beans & Rice Fresh Orange</p>	<p>26 Baked Lemon Cod Wild Rice Pilaf Green Beans, Wax Beans and Baby Carrots Whole Wheat Bread Fruit Salad</p>	<p>27 Swiss Steak (Red & Green Peppers) Mashed Potatoes Broccoli Green Salad Roll</p>
<p>30 Salmon Burger on a Bun Sweet Potato Fries Cole Slaw Fresh Strawberries</p>	<p>31 Scalloped Chicken Vegetable Blend Green Salad w/ Green Pepper Apricots</p>			

**In the event of a menu substitution, an item of equal nutritional value will be served.
Milk served with each meal.*