







August 2021

To access ingredient content, call Senior Resources at 419-898-6459
 REHEATING MEALS: If the tray is still sealed, puncture a hole in section to vent.
 Heat for 1.5 to 2 minutes, depending on your appliances power level.

Mon	Tue	Wed	Thu	Fri
2 Baked Ziti Cauliflower Caesar Salad Fruited Gelatin Garlic Toast 	3 Chicken Cordon Bleu Alt: No Ham Duchess Potatoes Brussels Sprouts Peaches - White Roll	4 Sloppy Joe Cheesy Potatoes Coleslaw Fruit Medley 	5 Smoked Sausage & Sauerkraut Alt: Breaded Fish German Potato Salad Orange Wedges Wheat Roll	6 BBQ Pork Chop Mashed Potatoes/Gravy Sautéed Zucchini Grapes Wheat Roll
9 Fire Braised Pork Mashed Potatoes & Gravy California Blend Mixed Melon White Roll	10 Beef Teriyaki with Veggies Over Brown Rice Sugar Snap Peas Pineapple Wheat Bread 	11 Chicken Tenders w/ Dipping Sauce Potato Wedges Pickled Beet Fresh Fruit - Wheat Roll	12 Herb Marinated Chicken Oven Roasted Potatoes Capri Blend Fruit Cocktail Wheat Roll 	13 Italian Sub Sandwich <i>Lettuce/Tomato/Onion</i> Alt: Turkey Sub Roasted Red Pepper Soup Creamy Cucumber Salad Pears - Crackers
16 Bourbon Chicken Redskin Mashed Potatoes Tarragon Green Beans Cantaloupe Wheat Dinner Roll	17 Deli Sandwich w/Cheese Alt: Turkey Sandwich/Cheese <i>Lettuce/Tomato/Onion/Pickle</i> Dill Pickle Soup/Crackers Creamy Cucumber Salad Pineapple	18 Citrus Glazed Turkey Baked Potato/Sour Cream Baby Carrots Pears Wheat Roll 	19 Smothered Pork Chop Macaroni & Cheese Broccoli Bettys Salad Strawberries - Wheat Bread	20 Taco Salad w/Sour Cream w/Black Beans & Corn Salsa & Tortilla Chips Fruited Gelatin
23 Meatball Sub Potato Wedges Green Beans Pineapple 	24 Cabbage Roll Mashed Potatoes/Gravy Succotash Peaches Cheese Cubes - Wheat Roll	25 Ham & Cheese Sandwich Alt: Turkey & Swiss Potato Salad Tomato Basil Soup Mandarin Oranges Crackers <i>Oak Harbor & Genoa Bday</i>	26 BBQ Pulled Pork Sandwich Cheesy Potatoes Cucumber & Tomato Salad Mixed Melon <i>Elmore/Port Clinton Bday Treat</i>	27 Oven Fried Chicken Mashed Potatoes w/Gravy Creamed Corn Orange Wedges Wheat Roll <i>HDM/Danbury Bday Treat</i>
30 General Tso Chicken Fried Rice Vegetable Egg Roll Cabbage Salad Pears	31 Roasted Turkey/Gravy Mashed Potatoes California Blend Fruit Cocktail Wheat Bread	