



**COUNCIL ON AGING CONGREGATE PROGRAM ~ AUGUST- 2010 ~ SUNSHINE SENIOR CENTER 574-0060**

<i>MONDAY AUGUST 2</i>	<i>TUESDAY AUGUST 3</i>	<i>WEDNESDAY AUGUST 4</i>	<i>THURSDAY AUGUST 4</i>	<i>FRIDAY AUGUST 5</i>
BAKED FISH CHEESY GRITS STEWED TOMATOES & OKRA WHOLE GRAIN WHEAT BUN TARTAR SAUCE PINEAPPLE CHUNKS LOW FAT MILK	SLICED ROAST PORK w/PORK GRAVY MASHED POTATOES BLACK-EYED PEAS CORN MUFFIN MARGARINE CUP APPLESAUCE LOW FAT MILK	CHEESEBURGER BAKED BEANS CORN w/DICED TOMATO HAMBURGER BUN w/KETCHUP/ MUSTARD PEACHES DB: FRUIT CUP LOW FAT MILK	LEMON PEPPER CHICKEN LEGS BROCCOLI WARM APPLE COBBLER COLESLAW WHOLE WHEAT BREAD MARGARINE CUP LOW FAT MILK	SWEDISH MEATBALLS over NOODLES CARROTS GARDEN PEAS w/MUSHROOMS WHITE BREAD MARGARINE CUP FRESH FRUIT in SEASON LOW FAT MILK
<i>MONDAY AUGUST 9</i>	<i>TUESDAY AUGUST 10</i>	<i>WEDNESDAY AUGUST 11</i>	<i>THURSDAY AUGUST 12</i>	<i>FRIDAY AUGUST 13</i>
SOUTHWEST CHICKEN with BLACK BEANS & RICE GREEN BEANS CARROTS WHITE BREAD/MARGARINE CUP CHOCOLATE CHIP COOKIE DB: GRAHAM CRACKERS LOW FAT MILK	SLICED TURKEY BREAST w/TURKEY GRAVY MASHED POTATOES BEETS WHOLE WHEAT BREAD/MARGARINE CUP PEACHES LOW FAT MILK	FRANKFURTER BAKED BEANS MIXED VEGETABLES HOT DOG BUN/ MUSTARD PINEAPPLE CHUNKS LOW FAT MILK	FRESH CHICKEN BREAST CACCIATORE HERB MASHED POTATOES BROCCOLI CUTS TEXAS TOAST/MARGARINE CUP FRESH FRUIT IN SEASON LOW FAT MILK	KRAB PASTA SALAD CUCUMBER TOMATO SALAD CARROT RAISIN SALAD CRACKERS MAYONNAISE FRESH FRUIT in SEASON LOW FAT MILK
<i>MONDAY AUGUST 16</i>	<i>TUESDAY AUGUST 17</i>	<i>WEDNESDAY AUGUST 18</i>	<i>THURSDAY AUGUST 19</i>	<i>FRIDAY AUGUST 20</i>
SLICED ROAST BEEF w/GRAVY MASHED POTATOES GREEN BEANS WHOLE WHEAT BREAD MARGARINE CUP FRESH FRUIT in SEASON LOW FAT MILK	FRESH CHICKEN BREAST FLORENTINE BROWN RICE CARROTS BRAN MUFFIN/ MARGARINE CUP MIXED FRUIT LOW FAT MILK	TURKEY DIVAN GARDEN PEAS SQUASH MEDLEY TOSSED SALAD w/DRESSING DINNER ROLL/ MARGARINE CUP OATMEAL RAISIN COOKIE DB: GRAHAM CRACKERS LOW FAT MILK	PORK RIBLET w/BROWN GRAVY PINTO BEANS SPINACH CORN MUFFIN MARGARINE CUP PEAR CUP LOW FAT MILK	CHOPPED SOUTHERN BBQ CHICKEN POTATOES AU GRATIN BABY BRUSSELS SPROUTS HAMBURGER BUN FRESH FRUIT in SEASON LOW FAT MILK
<i>MONDAY AUGUST 23</i>	<i>TUESDAY AUGUST 24</i>	<i>WEDNESDAY AUGUST 25</i>	<i>THURSDAY AUGUST 26</i>	<i>FRIDAY AUGUST 27</i>
SMOKED SAUSAGE w/MUSTARD PACKET CARROTS & CABBAGE LYONNAISE POTATOES WHOLE WHEAT BREAD MARGARINE CUP PEARS LOW FAT MILK	ITALIAN STYLE MEATBALLS w/SPAGHETTI in PARMESAN TOMATO SAUCE GARLIC SPINACH ITALIAN STYLE VEGETABLES TOSSED SALAD w/FRENCH DRESSING ITALIAN BREAD/MARGARINE CUP FRESH FRUIT in SEASON LOW FAT MILK	FRESH CHICKEN BREAST MARSALA RUTABAGA LIMA BEANS BLUEBERRY MUFFIN MARGARINE CUP LOW FAT MILK   <i>HAPPY BIRTHDAY!</i>	STUFFED PEPPER w/TOMATO SAUCE & RICE MIXED GREENS YELLOW CORN WHOLE GRAIN WHEAT ROLL MARGARINE CUP BANANA PUDDING DB: FRUIT CUP LOW FAT MILK	TUNA PASTA SALAD BEET and ONION SALAD PEA and CHEESE SALAD WHITE BREAD MAYONNAISE PKT. FRESH FRUIT in SEASON LOW FAT MILK
<i>MONDAY AUGUST 30</i>	<i>TUESDAY AUGUST 31</i>	<b>AUGUST 2010</b>		
BAKED FISH CHEESY GRITS STEWED TOMATOES & OKRA WHOLE GRAIN WHEAT BUN TARTAR SAUCE PINEAPPLE CHUNKS LOW FAT MILK	SLICED ROAST PORK w/PORK GRAVY MASHED POTATOES BLACK-EYED PEAS CORN MUFFIN MARGARINE CUP APPLESAUCE LOW FAT MILK			MENU IS SUBJECT TO CHANGE WITHOUT NOTICE DB = DIABETIC