

# August 2025 Menus

Milk and beverages served daily.

Meals Prepared by: Blair Senior Services, Inc.

Registered Dietician: Teri Henry, RDN, LDN

Monday	Tuesday	Wednesday	Thursday	Friday
				<sup>1</sup> Italian Sausage with Peppers & Onions on A Whole Wheat Roll Tater Tots Mandarin Oranges
<sup>4</sup> Chicken Nuggets with Honey Mustard Dipping Sauce Scalloped Potatoes Broccoli Florets Fruit Cocktail Chocolate Chip Cookie	<sup>5</sup> BBQ Ham Sandwich French Fries Key West Vegetables Fruit Cocktail	<sup>6</sup> Baked Fish Macaroni & Cheese Stewed Tomatoes White Cake with Strawberries & Whipped Topping	<sup>7</sup> Honey Mustard Chicken Mashed Potatoes with Gravy Roasted Brussels Sprouts Diced Peaches Whole Wheat Dinner Roll	<sup>8</sup> Grilled Cheese Sandwich Tomato Soup with Crackers Mandarin Oranges
<sup>11</sup> Creamed Chipped Beef Biscuit California Blend Vegetables Mixed Berry Blend	<sup>12</sup> Ham Balls AuGratin Potatoes Broccoli Florets Peaches Sherbet Whole Wheat Dinner Roll	<sup>13</sup> Beef Vegetable Soup with Crackers Cottage Cheese & Fruit Orange Juice Vanilla Pudding	<sup>14</sup> Kielbasa Buttered Noodles & Cabbage Peas & Carrots Mandarin Oranges in Orange Gelatin Sugar Cookie	<sup>15</sup> Philly Cheese Steak Sandwich French Fries Monte Carlo Vegetables Fruit Cocktail
<sup>18</sup> Ham & Cheddar Cheese on Whole Wheat Roll Chicken Rice Soup with Crackers Mixed Berry Blend	<sup>19</sup> Roast Beef with Gravy Loaded Baked Potato Mixed Vegetables Pears in Strawberry Gelatin	<sup>20</sup> Vegetable Quiche Tater Tots French Cut Green Beans Mandarin Oranges	<sup>21</sup> Scalloped Chicken Sweet Potato Souffle California Blend Vegetables Applesauce Whole Wheat Dinner Roll	<sup>22</sup> Swiss Steak with Tomatoes & Onions Mashed Potatoes & Gravy Maple Dill Carrots Strawberry Mousse
<sup>25</sup> Sloppy Joe Tater Tots Broccoli Florets Fruit Cocktail	<sup>26</sup> Cheese Omelet Sausage Patty Whole Wheat Waffles & Syrup Orange Juice	<sup>27</sup> Turkey & Provolone Sandwich on a Whole Wheat Roll Vegetable Barley Soup with Crackers Mandarin Oranges in Orange Gelatin	<sup>28</sup> Meatloaf with Gravy Mashed Potatoes French Cut Green Beans Applesauce Whole Wheat Dinner Roll	<sup>29</sup> Chicken Parmesan Shell Pasta with Marinara Sauce Italian Blend Vegetables Mixed Berry Blend Italian Bread Chocolate Pudding