

August 2016

Slaton Senior Citizens Center

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chicken Fried Steak</b> 1 Mashed Potatoes Country Gravy Stewed Okra Seasoned Corn Pumpkin Square 2% Milk	<b>Beef Taco Bake</b> 2 Spanish Rice Cauliflower Tossed Salad w/Dressing Country Apple Crisp 2% Milk	<b>Swedish Meatballs</b> 3 Parsley Noodles Mixed Vegetables Whole Wheat Roll Angel Food Cake w/Strawberries 2% Milk	<b>Fish Strips</b> 4 Borracho Beans Green Peas Tossed Vegetable Salad Lo Cal French Dressing Whole Wheat Roll Tropical Fruit Mix 2% Milk	<b>Beef Enchilada</b> 5 Borracho Beans Spanish Rice Coleslaw Cornbread Apricots 2% Milk
<b>Meat Loaf</b> 8 Scalloped Potatoes Green Beans Tossed Vegetable Salad Lo Cal French Dressing Sliced Whole Wheat Bread Sliced Bananas in Orange Juice 2% Milk	<b>Spaghetti</b> 9 w/Meatballs Whole Wheat Roll Margarine Spinach Honey Dew Melon 2% Milk	<b>Beef Fajitas</b> 10 Refried Beans Spanish Rice Tossed Vegetable Salad Lo Cal French Dressing Peach Cobbler 2% Milk	<b>Creamy Mushroom Steak</b> 11 Mashed Potatoes Peas & Carrots Whole Wheat Roll Emerald Pears 2% Milk	<b>Chicken Salad Sandwich</b> 12 Tomato, Lettuce, Pickle Macaroni Salad Carrot Sticks Watermelon 2% Milk
<b>Cheeseburger</b> 15 Potato Wedges Tomato Wedges Salad Melon Medley 2% Milk	<b>Baked Chicken w/Mushroom Sauce</b> 16 Pinto Beans Green Beans Tossed Vegetable Salad Lo Cal French Dressing Cantaloupe 2% Milk	<b>Salisbury Steak</b> 17 Diced Potatoes skin on English Peas Fruit Salad in Juice Wheat Roll 2% Milk, Tea	<b>Turkey Sandwich</b> 18 Tomato, Lettuce, & Pickle Broccoli Raisin Salad Macaroni Salad Pineapple Delight 2% Milk	<b>Baked Fish</b> 19 Scandia/Lemon Potatoes/Red skin on Coleslaw/Apple Peach Shortcake Cornbread 2% Milk Tea/Lemon
<b>BBQ Chicken</b> 22 Mashed Potatoes Carrot Raisin Salad Baked Apple Cornbread 2% Milk, Tea	<b>Baked Ham with Pineapple</b> 23 Lima Beans Chuck Wagon Corn Chocolate Chip Cookie Wheat Roll 2% Milk, Tea	<b>Roast Turkey</b> 24 Savory Bread Dressing Candied Sweet Potatoes Green Beans Pineapple Tidbits Wheat Roll 2% Milk, Tea	<b>King Ranch Casserole</b> 25 Spanish Rice Pinto Beans Brownie Tortilla 2% Milk, Tea	<b>Beef Goulash</b> 26 Navy Beans Broccoli Oatmeal Raisin Cookie Wheat Roll 2% Milk Tea
<b>Chicken Fried Steak w/BrownGravy</b> 29 Scalloped Potatoes Green Peas Tossed Vegetable Salad Lo Cal Italian Dressing Fruit Cocktail 2% Milk	<b>Taco Salad</b> 30 Refried Beans Spanish Rice Broccoli & Cauliflower Salad Corn Tortilla Apricot Halves 2% Milk	<b>Crispy Chicken On Bun</b> 31 Tomato & Lettuce Potato Wedges Carrot & Raisin Salad Fruit Cocktail 2% Milk		

Milk or Beverage of Choice Served with Each Meal

South Plains Association of Governments



