

Champlain Senior Center Meals
August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			<p align="center">1</p> <p>Macaroni and Cheese Green Beans Baby Carrots Cantaloupe Wedge</p> 	<p align="center">2</p> <p>Bagged Lunch & Ice Cream Treat</p> <p>Brown Bag Lunch</p> 
<p align="center">5</p> <p>Sliced Pork Loin with Cider Sauce Mashed Potatoes Brussel Sprouts Applesauce</p> 	<p align="center">6</p> <p>Sliced Turkey in Gravy Home fries California Blend Vegetables Pumpkin Pudding with Cream</p> 	<p align="center">7</p> <p>Roast Beef Au Jus Mashed Potatoes Peas and Mushrooms Pineapple Cake with Cream</p> 	<p align="center">8</p> <p>Turkey Salad Three Bean Salad Tossed Salad Orange</p> 	<p align="center">9</p> <p>Bagged Lunch & Ice Cream Treat</p> <p>Brown Bag Lunch</p> 
<p align="center">12</p> <p>Meatballs in Red Sauce Linguini Pasta with Pesto Bahama Blend Veggies Pears</p> 	<p align="center">13</p> <p>Baked Penne Pasta with Ground Beef Green Beans Cantaloupe</p> 	<p align="center">14</p> <p>Cold Salad Plate Sliced Turkey & Cheddar Cottage Cheese & Peaches Italian Cucumber and Tomato Slices Mandarin Oranges & Cream</p> 	<p align="center">15</p> <p>Beef Stroganoff with Mushrooms and Onions over Diced Potatoes Spinach Watermelon</p> 	<p align="center">16</p> <p>Bagged Lunch & Ice Cream Treat</p> <p>Brown Bag Lunch</p> 
<p align="center">19</p> <p>Chicken and Biscuit Red Mashed Potatoes Mixed Beans Strawberry Cake</p> 	<p align="center">20</p> <p>Shepard's Pie with Corn Mashed Potatoes Diced Carrots Oatmeal Raisin Cookie</p> 	<p align="center">21</p> <p>BBQ Chicken Sweet Potatoes Baked Beans Sliced Apples</p> 	<p align="center">22</p> <p>Cheese Ravioli with Meat Sauce and Parmesan Green Beans Melon</p> 	<p align="center">23</p> <p>Bagged Lunch & Ice Cream Treat</p> <p>Brown Bag Lunch</p> 
<p align="center">26</p> <p>Cavatappi Pasta with Sharp Cheddar Cheese Broccoli Florets Diced Beets Orange Jell-O with Mandarin Oranges</p> 	<p align="center">27</p> <p>Italian Chicken Breast Sweet Potatoes California Mixed Vegetables Lange Pumpkin Cookie</p> 	<p align="center">28</p> <p>BBQ Meatloaf with Sauce Mashed Potatoes Green Beans Orange</p> 	<p align="center">29</p> <p>Chicken Salad Tossed Salad Broccoli Salad with Tomato Apricots</p> 	<p align="center">30</p> <p>Bagged Lunch & Ice Cream Treat</p> <p>Brown Bag Lunch</p> 

