SMI
SENIOR MONONGALIANS, INC.
www.seniormons.org
304-296-9812

HELLO August

MENU SUBJECT TO CHANGE WITHOUT NOTICE
All meals served with milk

LUNCH SERVED MONDAY—FRIDAY
11:30AM-12:30PM

If you can not be home to get your meal, please notify us by 8:30 AM the day of. You are welcome to leave a message before hours.

Thank you!!

Sun	MONDAY	TUESDAY	WED	Thu	Fri	Sat
	29	30 PORK LOIN ROLL W/ BUTTER SCALLOP POTA-TOES CAULIFLOWER APPLESAUCE	31 CREAMED CHICKEN OVER BISCUITS BROCCOLI BUTTER BEANS FRUIT	1 MEATBALL SUB WG BUN BRUSSEL SPROUTS BAKED BEANS FRUIT	2 CHICKEN ALFREDO STEWED TOMATO FRESH CARROTS FRESH FRUIT	3
	5	6 BAKED CHICKEN BREAST ON WG BUN AU GRATIN PO-TATOES BUTTERED PEAS FRUIT	7 HAM & CHEESE FRITTATA HASHBROWN S GLAZED CAR-ROTS FRUIT	8 BEEFY MACARONI CHEESE STICK CAULIFLOWER & BROCCOLI APPLESAUCE	9 PEPPERONI ROLL W/ MARINARA V8 CELERY & PB YOGURT FRESH FRUIT	10
11	12	13 SALMON BURGERS ON WG BUN POTATO SALAD CHEESY BROCCO-LI JELLO W/ FRUIT	14 BAKED ZITI GREEN BEANS MIXED VEGETA-BLES YOGURT FRUIT	15 SWEET N SOUR CHICKEN OVER RICE ASIAN VEG VEGETABLE EGG ROLL FRUIT	16 MEATLOAF MASHED POTATOES W/ GRAVY BAKED CARROTS LIMA BEANS FRESH FRUIT	17
18	19	20 ROAST BEEF SANDWICH ON WG BREAD MASHED POTA-TOES W/GRAVY BUTTER BEANS FRUIT	21 CHILI BAKED POTATO/ BUTTER, CHEESE & SOUR CREAM PEANUT BUTTER & WHEAT CRACKERS FRUIT	FESTIVE LUNCHEON PINAPPLE CHICKEN COCONUT RICE HAWAIIAN SWEET ROLLS MANGO SALSA HAWAIIAN ROASTED VEGETABLES MANGO RICE PUD-DING	23 CHEESY CHICKEN CASSEROLE W/ PEAS & CARROTS GLAZED CARROTS FRESH FRUIT	24
25	26	27 PORK CARNITAS SALSA & SOUR CREAM SPANISH RICE BLACK BEANS & CORN FRUIT	28 APPLE CHICKEN BROWN RICE BROCCOLI STIR FRY FRUIT	29 SPAGHETTI & MEATBALLS CAULIFLOWER ITALIAN GREEN BEANS APPLESAUCE	30 BAKED FISH SANDWICH LET & TOM SWEET POTATO FRIES GREEN BEANS FRESH FRUIT	31