

AUGUST 2012

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| | | 1 Tortellini w/tomato sauce Tossed Salad Dressings Pears | 2 Roast Turkey w/gravy Mashed Potato Green Beans Lemon Meringue Pie | 3 Tilapia Wild Rice Stewed Tomatoes Orange |
| 6 Stuffed Pepper Mashed Potato Green Beans Sherbet | 7 BBQ Chicken Brown Rice California Blend Vegetables Cookies | 8 Beer Battered Cod Sweet Potato Spinach Apple | 9 2 Hot Dogs Baked Beans Mixed Vegetables Butterscotch Pudding | 10 Sliced Turkey Sandwich Lettuce & Tomato Potato Chips Mandarin Oranges |
| 13 Spaghetti & Meatballs Italian Blend Vegetables Ice Cream | 14 Chicken Florentine Rice Pilaf Italian Green Beans Crushed Pineapple | 15 Roast Beef Sandwich Lettuce & Tomato Cake w/frosting | 16 Baked Stuffed Fish Mashed Potato Beets Banana | 17 Spinach Strata Tossed Salad Dressings Jell-o |
| 20 Chicken Teriyaki Rice Pilaf Oriental Blend Vegetables Peaches | 21 American Chop Suey Cauliflower Chocolate Pudding | 22 Fish & Chips Cole Slaw Orange | 23 Pot Roast w/gravy Mashed Potato Peas & Carrots Assorted Pie | 24 Eggplant Parmesan Tossed Salad Dressings Melon Of the day |
| 27 Salisbury Steak w/gravy Mashed Potato Whole Baby Carrots Citrus Fruit | 28 Stuffed Shells w/tomato sauce Zucchini Jell-o | 29 Chicken Caesar Salad Tomato & Cheese Whole Wheat Roll Pears | 30 Meatloaf w/gravy Oven Roasted Potato Stewed Tomatoes Vanilla Pudding | 31 Tuna Salad Sandwich Lettuce & Tomato 3-Bean Salad Banana |

(Menu subject to change without notice)

CHESTER – 29 West Main Street CLINTON – 54 East Main Street OLD SAYBROOK – 220 Main Street OLD LYME – 26 Town Woods Road
WESTBROOK – Westbrook Town Hall, Senior Center, 866 Boston Post Road, THURSDAYS ONLY
RESERVATIONS AND CANCELLATIONS NEED TO BE MADE 24 HRS IN ADVANCE BY CALLING THE ESTUARY OFFICE AT 388-1611 BEFORE 11:00A.M.
THIS MENU MEETS 1/3 RDA AND CONFORMS TO U.S. DIETARY GUIDELINES – CERTIFIED BY NANCY EASTWOOD, RD

8 oz. – 1% milk Multi-grain breads are served with each meal unless noted above Condiments are served as posted