

# AUGUST 2013

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|---|--|--|--|
|  |   |  | 1<br>Roast Pork w/gravy<br>Sweet Potato<br>Peas<br>Mandarin Oranges                          | 2<br>Tuna Fish Sandwich on<br>whole wheat Bread<br>Lettuce and Tomato<br>Cookies |
| 5<br>Stuffed Pepper<br>Mashed Potato<br>Whole Baby Carrots<br>Ice Cream      | 6<br>BBQ Chicken<br>Wild Rice<br>Green Beans<br>Pears                         | 7<br>Beef Stroganoff<br>Noodles<br>Beets<br>Asst Pudding   | 8<br>Tilapia<br>Roast Potato<br>Stewed Tomato<br>Banana                                      | 9<br>Chicken Sausage<br>w/ Apple<br>Mashed Potato<br>Mixed Veg<br>Citrus Fruit   |
| 12<br>Manicotti w Sauce<br>Italian Blend Veg<br>Vanilla Pudding              | 13<br>Chicken Florentine<br>Rice Pilaf<br>Oriental Blend<br>Melon of the Day  | 14<br>Swedish Meatballs<br>Noodles<br>Beets<br>Cake w Frosting   | 15<br>Roast Turkey W Gravy and<br>Cranberry Sauce<br>Stuffing<br>Peas and Carrots<br>Sherbet | 16<br>Baked Fish of the Day<br>Mashed Potato<br>Spinach<br>Crushed Pineapple     |
| 19<br>Salisbury Steak W/ Gravy<br>Mashed Potato<br>Carrot Coins<br>Ice Cream | 20<br>Chick Parm w Tomato Sauce<br>Ziti<br>Tossed Salad w Dressing<br>Peaches | 21<br>Meatloaf w Gravy<br>Roasted Potato<br>Green Beans<br>Jell-o  | 22<br>Primavera Pasta Salad w<br>Cheese and tomato<br>Lemon meringue pie                     | 23<br>Turkey Sandwich on<br>ww Bread<br>Cole Slaw<br>Apple sauce                 |
| 26<br>Estuary Burger on Bun<br>Zucchini<br>Chocolate Pudding                 | 27<br>Fish and Chips<br>Broccoli<br>Fruit Cocktail                            | 28<br>BIRTHDAY CELEBRATION<br>Chicken Caesar Salad<br>Tomato & Cheese<br>Whole Wheat Roll<br>Birthday Cake | 29<br>Spaghetti w/ Turkey<br>Meatballs<br>Italian Blend<br>Mandarin Oranges                  | 30<br>Cowboy Casserole<br>Biscuit<br>Cauliflower<br>Sherbet                      |

(Menu subject to change without notice)

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