

August 2024

Cogswell & Forman

VALLEY SENIOR SERVICES MEALS ON WHEELS, TAKE OUT & MEALS AT THE CENTER

Suggested donation is \$4.00 a meal for people 60+ and spouse of 60+

UNDER 60 IS A CHARGE OF \$9.00 PER MEAL - SNAP vouchers accepted by calling the Lisbon Office

Menu is Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Hot Dog on Bun French Fries Corn Cobbette Blushing Pears	2 <b style="color: red;">CLOSED
5 Cabbage Roll Rosemary Potatoes Green Beans Almondine Fresh Fruit Salad Bread x2	6 Pork Chops Macaroni & Cheese Cucumber Mint Salad Baked Tomato Half Mandarin Oranges Whole Grain Banana Bread	7 Manhattan Meatballs Brown Rice House Salad Seasoned Broccoli Seasonal Fresh Fruit Bread x1	8 Grilled Chicken on a Bun Pasta Salad Baked Beans Watermelon Dessert	9 <b style="color: red;">CLOSED
12 Ham & Beans Southern Style Okra Strawberries Corn Muffin	13 Chicken Fettuccine Alfredo House Salad Italian Blend Veggies Cranberry Fruit Salad Gelatin Breadstick	14 Hot Pork Sandwich Chive Mashed Potatoes Peas & Carrots Wheat Roll Snicker & Apple Salad	15 Swiss Steak Buttered Red Potatoes Lemon Asparagus Fresh Fruit Salad Bread x2	16 <b style="color: red;">CLOSED
19 Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad	20 Chicken & Rice Veg Casserole Seasoned Green Peas Honeydew Biscuit	21 Roast Turkey / Gravy Glazed Sweet Potatoes Sage Bread Dressing Brussel Sprouts Strawberry & Pineapple Bread x1	22 Lasagna / Parmesan Cheese House Salad Winter Blend Veggies Peaches Breadstick	23 <b style="color: red;">CLOSED
26 Beef Stroganoff Mashed Potatoes Malibu Blend Veggies Honeydew Bread x2	27 BBQ Pork on Bun Sweet Potato waffle fries Country Blend Veggies Heavenly Hash	28 Supreme Pizza Casserole House Salad Green Beans Oregano WG Breadstick Cantaloupe	29 Fish & Chips w/ Tarter Sauce Coleslaw Tropical Fruit Cup Lemon Wedge Wheat Roll	30 <b style="color: red;">CLOSED

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Milnor

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets Vegetable Potstickers Blueberries	2 Hot Dog on Bun French Fries Corn Cobbette Blushing Pears
5 CLOSED	6 Cabbage Roll Rosemary Potatoes Green Beans Almondine Fresh Fruit Salad Bread x2	7 Manhattan Meatballs Brown Rice House Salad Seasoned Broccoli Seasonal Fresh Fruit Bread x1	8 Grilled Chicken on a Bun Pasta Salad Baked Beans Watermelon Dessert	9 Beef Stroganoff Mashed Potatoes Malibu Blend Veggies Honeydew Bread x2
12 CLOSED	13 Ham & Beans Southern Style Okra Strawberries Corn Muffin	14 Hot Pork Sandwich Chive Mashed Potatoes Peas & Carrots Wheat Roll Snicker & Apple Salad	15 Swiss Steak Buttered Red Potatoes Lemon Asparagus Fresh Fruit Salad Bread x2	16 Breaded Cod Warm German Potato Salad Prince Edward Veggies Fruit Cocktail Bread x2
19 CLOSED	20 Chicken & Rice Veg Casserole Seasoned Green Peas Honeydew Biscuit	21 Roast Turkey / Gravy Glazed Sweet Potatoes Sage Bread Dressing Brussel Sprouts Strawberry & Pineapple Bread x1	22 Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad	23 Lasagna / Parmesan Cheese House Salad Winter Blend Veggies Peaches Breadstick
26 CLOSED	27 BBQ Pork on Bun Sweet Potato waffle fries Country Blend Veggies Heavenly Hash	28 Supreme Pizza Casserole House Salad Green Beans Oregano WG Breadstick Cantaloupe	29 Caprese Chicken Lemon Dill Orzo California Blend Veggies Orange Bread x1	30 Fish & Chips w/ Tarter Sauce Coleslaw Tropical Fruit Cup Lemon Wedge Wheat Roll

August 2024

Rutland

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets Vegetable Potstickers Blueberries	2 CLOSED
5 Cabbage Roll Rosemary Potatoes Green Beans Almondine Fresh Fruit Salad Bread x2	6 Pork Wings Macaroni & Cheese Cucumber Mint Salad Baked Tomato Half Mandarin Oranges Whole Grain Banana Bread	7 Manhattan Meatballs Brown Rice House Salad Seasoned Broccoli Seasonal Fresh Fruit Bread x1	8 Grilled Chicken on a Bun Pasta Salad Baked Beans Watermelon	9 CLOSED
12 Ham & Beans Southern Style Okra Strawberries Corn Muffin	13 Chicken Fettuccine Alfredo House Salad Italian Blend Veggies Cranberry Fruit Salad Gelatin Breadstick	14 Hot Pork Sandwich Chive Mashed Potatoes Peas & Carrots Wheat Roll Snicker & Apple Salad	15 Swiss Steak Buttered Red Potatoes Lemon Asparagus Fresh Fruit Salad Bread x2	16 CLOSED
19 Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad	20 Chicken & Rice Veg Casserole Seasoned Green Peas Honeydew Biscuit	21 Roast Turkey / Gravy Glazed Sweet Potatoes Sage Bread Dressing Brussel Sprouts Strawberry & Pineapple Bread x1	22 Peach French Toast Bake Scrambled Egg Breakfast Potatoes LoCal Syrup Banana	23 CLOSED
26 Beef Stroganoff Mashed Potatoes Malibu Blend Veggies Honeydew Bread x2	27 BBQ Pork on Bun Sweet Potato waffle fries Country Blend Veggies Heavenly Hash	28 Supreme Pizza Casserole House Salad Green Beans Oregano WG Breadstick Cantaloupe	29 Caprese Chicken Lemon Dill Orzo California Blend Veggies Orange Bread x1	30 CLOSED