

# Senior Meals Whitingham Municipal Center

## AUGUST MENU

Tuesday August 4th Ravioli with meatballs, grilled veggies, Caesar salad, garlic bread, fresh fruit

Thursday, August 6th *Cold Meal, Tuna salad, Chicken Salad, Potato Salad on a bed of lettuce, coleslaw, finger rolls, fruited jell*

Tuesday, August 11th *Chicken cordon blu, rice, broccoli, tortellini soup, chocolate cake*

Thursday, August 13th *Eggplant Parmesan Baked fish, green peas, Red potatoes, tomato & basil soup, fruit salad*

### Wednesday August 12th **Readsboro meal**

Tuesday, August 18th *Spaghetti with sweet Italian sausage, green beans, tossed salad, brownie*

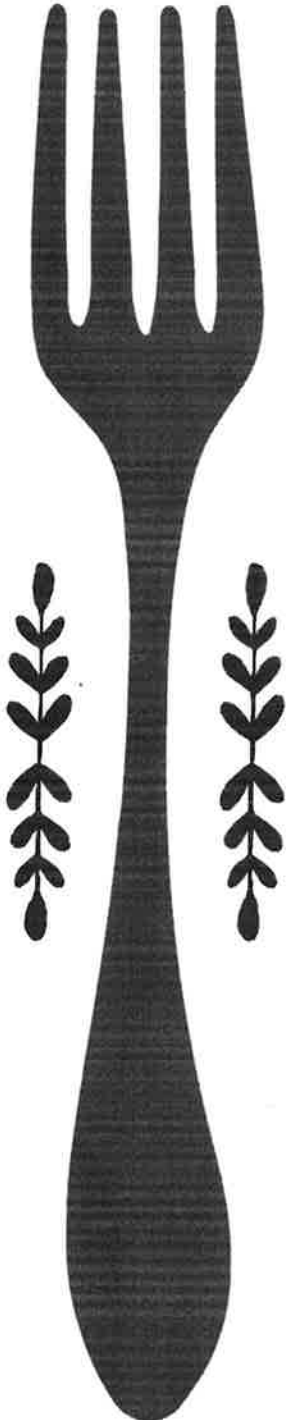
Thursday, August 20th, *Roasted pork loin, carrots, baked potato, spinach salad, apple crisp*

### Friday August 21st **Halifax meal**

Tuesday, August 25th *Meatloaf, rice pilaf, Green peas, French onion soup, cookies*

Thursday, August 27th *Chicken Teriyaki, corn, fried rice. Mixed berry cobbler, Cucumber Salad*

\*Menu items subject to change based on availability



For information call Deerfield Valley Meals 802-368-7567  
On Facebook "Deerfield Valley Senior Meals"  
Tuesday & Thursday call between 9:30 & 10:30 to order  
\$4 suggested donation 60+ ...Meal pickup at Noon.