



AUGUST 2026 MENU

AREA AGENCY ON AGING REGION X



Monday 3rd	Tuesday 4th	Wednesday 5th	Thursday 6th	Friday 7th
Biscuits/ gravy Sausage Scrambled Eggs Hash browns Peaches Coffee/Tea/Milk	Cheeseburger w/ Bun Lettuce, Tomato, Onion, Pickle Potato Wedges Broccoli Salad Apple Coffee/Tea/Milk	Cook's Choice Coffee/Tea/Milk	Spaghetti w/ Meat Sauce Dark Green Leafy Salad Green Beans Ice Cream Garlic Bread Coffee/Tea/Milk	BBQ Chicken Potato Salad Coleslaw Wheat Roll Cookie Coffee/Tea/Milk
10th	11th	Russian Makarony Po Flotski 12th	13th	14th
Chicken and Stuffing Casserole Roasted Potatoes Mixed Vegetables Rosie Applesauce Wheat Roll Coffee/Tea/Milk	Goulash w/ Tomatoes and Onion Green Beans Dark Leafy Green Salad w/ Spinach Garlic Roll Cake w/ Strawberries Coffee/Tea/Milk	Makarony Po Flotski Olivier Potato Salad Harvard Beets Wheat Roll Pavlova Coffee/Tea/Milk	Chicken Tenders Baked Potato w/ sour cream California Blend Wheat Roll Apple Crisp Coffee/Tea/Milk	Sloppy Joe on Bun Potato Salad Coleslaw Peaches Ice Cream Bar Coffee/Tea/Milk
17th	18th	19th	Birthday Dinner 20th	21st
Pork Rib Sandwich Sweet Potatoes Fries Salad On Wheat Bun Rosie Applesauce Coffee/Tea/Milk	Tater Tot Casserole Corn Dark Green Leafy Salad Apple Sauce Garlic Roll Coffee/Tea/Milk	Chicken Salad w/ Celery & Onion on Sliced Wheat Bread Cucumber, Tomato, Onion Salad Potato Salad Jello Fluff Coffee/Tea/Milk	Chicken Fried Steak Mashed Potato / Gravy Peas & Carrots Whole Grain Roll Cake /w Fruit Coffee/Tea/Milk	Cook's Choice Coffee/Tea/Milk
24th	25th	26th	27th	28th
Chinese Lemon Chicken Oriental Rice Oriental Vegetables Egg Roll Mandarin Oranges/ Fortune Cookie Coffee/Tea/Milk	Hot Dog w/ chili & cheese w/ wheat bun French Fries Coleslaw Grape Juice Sliced pears Coffee/Tea/Milk	Meatloaf w/ Ketchup Mashed Potatoes w/ Gravy Carrots Mixed Fruit Wheat Roll Coffee/Tea/Milk	Chef Salad w/ Egg Cheese Tomatoes Cucumber Onion 1/2 Ham Sandwich Tropical Fruit Cottage Cheese Coffee/Tea/Milk	Frito Chili Pie Buttered Corn Dark Green Leafy Salad/Spinach Orange Jello w Mandarin Oranges Coffee/Tea/Milk
31st	SUN SAFETY TIPS			
Beef Taco w/ Flour Tortilla Lettuce, Tomatoes, Cheddar Cheese Refried Beans Corn Chips Pineapple Pudding Coffee/Tea/Milk	WEAR SUNSCREEN 30 SPF+ & REAPPLY	SEEK SHADE OR LIMIT TIME OUTDOORS FROM 10A-4P	KNOW IF ANY MEDS YOU ARE TAKING CAUSE HEAT SENSITIVITY	HYDRATE BEFORE, DURING, & AFTER OUTDOOR ACTIVITIES

