


August 2022 Congregate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatballs in Marinara Sauce Pasta Peas & Carrots Seasonal Fruit	2 Southwest Chicken Salad Black Beans & Corn Tomatoes Seasonal Fruit	3 Baked Ham Pineapple Sauce Potato Au gratin French Cut Green Beans Seasonal Fruit	4 Sliced Turkey & Gravy Mashed Potatoes Mixed Vegetables Seasonal Fruit	5 Tuna Salad Sandwich Coleslaw Chips Seasonal Fruit
8 Chicken Marsala Rice Pilaf Steamed Brussels Sprouts Seasonal Fruit	9 Country Fried Steak Mashed Potatoes Mixed Vegetables Seasonal Fruit	10 Ham & Cheese Sandwich Chips Carrot Raisin Salad Seasonal Fruit	11 Chicken Fajitas With Onions & Peppers Spanish Rice Beans Seasonal Fruit	12 Chef's Salad Hard Boiled Egg Tomatoes Chips Seasonal Fruit
15 Teriyaki Chicken Brown Rice Asian Vegetables Seasonal Fruit	16 Farmer's Pot Roast Steamed Rice Carrots Seasonal Fruit	17 Baked Herbed Pork Chop Scalloped Potatoes Steamed Spinach Seasonal Fruit	18 Meat Lasagna Steamed Broccoli Seasonal Fruit	19 Mandarin Asian Salad with Chicken Chow Mein Noodles Seasonal Fruit
22 Salisbury Steak Mashed Potatoes Capri Mixed Vegetables Seasonal Fruit	23 Chicken Piccata Biscuit Steamed Green Beans Seasonal Fruit	24 Pulled Pork Roasted Potatoes Green Peas Seasonal Fruit	25 Chicken Alfredo Pasta Steamed Broccoli Seasonal Fruit	26 Hamburger Potato Wedges Coleslaw Seasonal Fruit
29 Honey Ginger Chicken Thigh Golden Rice Pilaf Asian Vegetables Seasonal Fruit	30 BBQ Beef Sandwich Baked Tater Tots Country Village Seasonal Fruit	31 Braised Mexican Pork Cilantro Rice Sliced Carrots Seasonal Fruit		

Milk, bread and margarine served at every meal

Menus may be subject to change

If you have any questions regarding the meal or service, please contact **Sodexo at 951-877-5950**.

If you have any questions for our Registered Dietitian, please contact Vanh Bender at Vanh@healthylivingconsulting.net.

Congregate Site Reservations may be made at Sodexo's Office: 951-877-5950 by 1:30 pm the business day before

Good Hope 951-943-9126
Mead Valley 951-210-1587
Stratton 951-826-5355

Janet Goeske 951-351-8801
Murrieta 951-461-6122
Temecula 951-694-6464

Lake Elsinore 951-674-2526
Norco 951-270-5647
Villegas 951-351-6142



All Meals Funded By Office On Aging 1-877-932-4100