

Senior Center Paducah-McCracken County

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Sherry Rodgers Kitchen Supervisor
Guelda Wooldridge Center Director



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BBQ Chicken, Corn, Tossed Salad, Whole Wheat Roll, Margarine, Melon, Skim Milk	3 Stuffed Green Peppers, Beans, Whole Wheat Roll, Margarine, Baked Apples, Skim Milk	4 Ham, Baked Beans, Creamy Cole Slaw, Whole Wheat Roll, Pineapple Slices, Skim Milk	5 Hot Beef Sandwich, Mashed Potatoes with Gravy, Steamed Broccoli, Corn, Congealed Strawberry Dessert, Skim Milk	6 Roast Turkey, Green Beans / New Potatoes, Tomato Slices, Dirt Pudding /Whipped Topping, Skim Milk,
9 Braised Beef Tips on Noodles, Buttered Spinach, Harvard Beets, Wheat Bread, Pears, Skim Milk	10 Chicken Salad, Tomato Wedges, Pasta Salad, Three Bean Salad, Mandarin Orange Salad, Oat Bran Muffin, Skim Milk	11 Hamburger, Whole Wheat Bun, Lettuce, Tomato, Onion, Catsup, Mustard, Baked Fries, Stewed tomatoes/ okra/ corn, Melon, Skim Milk	12 Baked Chicken with Lemon Butter Sauce, Calico Rice, Green Peas, Whole Wheat Roll, Frozen Dessert, Skim Milk	13 Beef Roast, Mashed Potatoes, Summer Squash, Whole Wheat Roll, Margarine, Cake/Strawberries, Skim Milk
16 Hungarian Goulash, Green Beans, Whole Wheat Roll, Margarine, Fruit Cup, Skim Milk	17 Hamburger Steak, Roasted Red Potatoes, Buttered Okra, Whole Wheat Roll, Fruit Cobbler, Skim Milk	18 BBQ Pork, Whole Wheat Bun, Creamy Cucumbers, ½ Baked Potato, Margarine, Black Eyed Peas, Pineapple, Skim Milk,	19 Oven Baked Chicken, Mashed Potatoes, Seasoned Cabbage, Whole Wheat Roll, Margarine, Peaches, Skim Milk	20 Potato Crusted Fish Patty, American Fried Potatoes, Creamy Slaw, Whole Wheat Bread, Margarine, Jello Cake, Skim Milk
23 Baked Ham, Macaroni & Cheese, Spinach, Oat Bran Muffin, Melon, Skim Milk	24 Chicken & Noodles, Italian Green Beans, Whole Wheat Roll, Pineapple Mousse, Margarine, Skim Milk	25 Baked Catfish, Beans, Coleslaw, Cornbread, Bananas in Orange Juice, Skim Milk	26 Beef Pot Roast Mashed Potatoes w/Gravy, Baby Carrots, Whole Wheat Roll, Margarine, Pudding, Skim Milk	27 Pork Chop, Brown Gravy, Cauliflower, Green Peas, Whole Wheat Bread, Skim Milk Gingersnap Cookie, Ambrosia,
30 Layered Salad with Turkey/Cheddar Cheese / Peas, Oat Bran Muffin, Tropical Fruit, Margarine, Skim Milk	31 Italian Beef, Pasta Salad, Summer Squash, Whole Wheat Roll, Pudding, Skim Milk			AUG 2010