

SENIOR MEALS MENU – AUGUST 2026

Please choose 6 meals for each week and **return to your delivery person by 7/27/2026.**

NAME: _____ August 2, 2026 ☐ Pancakes with scrambled eggs ☐ Roasted Chicken Legs & Cheesy Vegetable Casserole ☐ Tomato Soup with Grilled Cheese ☐ Broccoli Soup with Roll ☐ Roast Pork, mashed potatoes & gravy, green beans ☐ Unstuffed Cabbage Rolls ☐ Lemon & Herb Fish, Red Potatoes & Asparagus ☐ Spinach Salad (Baby spinach, apple, red onion, cranberries, walnuts, goat cheese)	NAME: _____ August 9, 2026 ☐ Biscuits & Gravy ☐ Baked Chicken, Cheesy Hashbrowns, Green Beans ☐ BBQ Roast Pork, Red Potatoes, California Blend ☐ Egg Salad Sandwich with Beet Salad ☐ Fish Sandwich & Coleslaw ☐ Taco Bowl ☐ Beef & Vegetable Soup ☐ Lasagna Soup ☐ Club Wrap with Potato Salad
NAME: _____ August 16, 2026 ☐ Cheesy Scrambled Eggs w/ Sausage ☐ Pizza Casserole with California Blend ☐ Chicken Salad Sandwich & Cottage Cheese ☐ Swedish Meatballs with Pasta & Green Beans ☐ Honey Ginger Pork, Red Potatoes & Asparagus ☐ Jambalaya ☐ Tortellini Soup ☐ Ham & Bean Soup ☐ Mediterranean Chicken Salad (lettuce mix, chicken, cucumber, tomatoes, red onion, avocado, kalamata olives)	NAME: _____ August 23, 2026 ☐ Oatmeal with Fresh Berries ☐ Goulash ☐ BBQ Chicken Thighs, Roasted Sweet Potatoes & Green Beans ☐ Beef Stew ☐ Tuna Melt with Macaroni Salad ☐ Pork Stir Fry with Rice ☐ Cabbage Roll Soup ☐ Cheesy Chicken Soup ☐ Chef Salad (Iceberg & romaine mix, ham, boiled egg, tomato, cucumber, croutons, cheddar cheese)

If you have any questions or need to call/text in your order,
please contact us at 219-204-1189