

Tri-Valley August 2016 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chicken Mornay Couscous Roman Blend Vegetables Cookie French Bread	Pot Roast Stew Steamed Potatoes Succotash Yogurt 100% Whole Wheat	Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit Italian Bread	Meatloaf & Gravy Garlic Mashed Potatoes Country Blend Vegetables Tropical Fruit Pumpernickel Bread	Chicken a La King Wild Rice Brussels Sprouts Peaches Marble Rye Bread
8	9	10	11	12
Roast Turkey w/ Gravy Mashed Sweet Potatoes Scandinavian Vegetables Mixed Fruit 100% Whole Wheat Bread	 Buttermilk Chicken Red Bliss Potatoes Mixed Vegetables Fresh Fruit Pumpernickel Bread	Beef & Bean Chili Brown Rice Broccoli Struessel Cake Diet = Small Piece French Bread	Pork Rib-i-que Hot Potato Salad Corn Niblets Strawberries/Whip.Topping Diet = Berries Sandwich Roll	Cracker Crumb Fish O'Brien Potatoes Tuscany Vegetables Apple Crisp Diet = Small Serving Marble Rye Bread
15	16	17	18	19
Swedish Meatballs Egg Noodles Country Blend Vegetables Tapioca Diet = Diet Tapioca 100% Whole Wheat Bread	Beef Patty w/ Peppers & Onions on Sandwich Roll Tater Tots Coleslaw Watermelon	Garlic Herbed Chicken Mashed Potatoes Spinach Yogurt Pumpernickel Bread	Beef and Broccoli Seasoned Rice Carrots Pineapple Tidbits Marble Rye Bread	 Bacon & Cheese Omelet Sour Cream & Chive Potatoes Zucchini & Tomato Fresh Orange 100% Whole Wheat Bread
22	23	24	25	26
Stuffed Pepper Casserole Brown Rice Carrots Corn Fresh Fruit Pumpernickel Bread	Chicken w/ Asparagus Delmonico Potatoes Brussel Sprouts Mandarin Oranges Marble Rye Bread	Hot Dog on Bun Baked Beans Cold Potato Salad Melon Mustard Packet	American Chop Suey Broccoli & Red Peppers Birthday Cake Diet = Plain Cake French Bread Garden Salad (Congregate)	Wild Alaskan Salmon w/Dill Vegetable Couscous California Blend Vegetables Chocolate Mousse Pumpernickel Bread
29	30	31	MEAL SITES: Franklin 508-520-1422, Northbridge 508-234-2002, Spencer 508-885-3904 Upton 508-529-9094, Webster 508-949-6640, Southbridge 508-764-1469 Oxford 508-987-6000, Milford 508-478-8102, Uxbridge 774-482-6174 Sutton 508-234-0703, Sturbridge 508-347-5063, West Brookfield 508-867-1411	
Lemon Thyme Chicken Sour Cream & Chive Potato Peas and Carrots Peaches Marble Rye Bread	Beef with Jardinere Sauce Mashed Potatoes Honey Glazed Carrots Cookie French Bread	Herb Roasted Pork Potatoes Au Gratin Winter Mix Vegetables Brownie Diet = Small Piece 100% Whole Wheat Bread	Tri-Valley receives federal financial support under the Older Americans Act furnished by Central Mass Agency on Aging and the MA Office of Elder Affairs	