

Tri-Valley, Inc. - August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Stew Rice Corn Niblets Mandarin Oranges Marble Rye Bread	4 Buttermilk Chicken Herbed Potatoes Mixed Vegetables Peaches Muffin	5 Baked Potato with Chili & Cheese Broccoli Sour Cream Chocolate Mousse Italian Bread	6 Hot Dog Baked Beans Green Beans Coleslaw Fruit Hot Dog Bun	7 Garlic Herbed Chicken Bread Stuffing Roasted Broccoli & Carrots Lemon Pudding Diet = SF Tapioca Pudding Whole Wheat Bread
10 Chicken Mornay Couscous Roman Blend Vegetables Yogurt Marble Rye Bread	11 Meatloaf with Gravy Garlic Mashed Potatoes Carrots Butterscotch Pudding Diet = SF Vanilla Pudding Whole Wheat Bread	12 Roast Turkey with Gravy Mashed Sweet Potatoes Summer Blend Vegetables Pineapple Corn Muffin	13 Macaroni & Cheese Stewed Tomatoes Green Beans Peaches Italian Bread	14 Fish w/Parmesan Cream Sauce Wild Rice Broccoli w/Red Peppers Mandarin Oranges Pumpernickel Bread
17 Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Vanilla Pudding Diet = SF Vanilla Pudding Marble Rye Bread	18 Roast Pork with Gravy Cranberry Stuffing Roasted California Vegetables Applesauce Muffin	19 Sloppy Joe Steak Cut French Fries Summer Corn Strawberries Sandwich Roll	20 Chicken Cacciatore Gemelli Pasta Broccoli Fruit Crunch Bar Italian Bread	21 Fish with Crumb Topping Lemon Seasoned Rice Tuscany Style Vegetables Fruited Ambrosia Whole Wheat Bread
24 Chicken Pot Pie Mashed Potatoes Corn Niblets Peaches Biscuit	25 Spaghetti & Meatballs Green Beans Chocolate Pudding Diet = SF Choc Pudding Italian Bread	26 Potato Crunch Fish Herbed Potatoes Peas & Onions Mixed Fruit Tartar Sauce Pumpernickel Bread	27 Cranberry Chicken Salad Pasta Salad Three Bean Salad Mandarin Oranges Sandwich Roll	28 Shepherd's Pie Carrots Peas Cookie Whole Wheat Bread
31 Pork Rib-i-que Macaroni & Cheese Green Beans Pineapple Sandwich Roll	Dudley 508-949-6640, Franklin 508-520-1422, Milford 508-478-8102, Northbridge 508-234-2002, Southbridge 774-289-9438, Spencer 508-885-5767, Sturbridge 508-347-5063, Sutton 508-234-0703, Upton 508-529-9094, Uxbridge 774-482-6174, West Brookfield 508-867-1411 Tri-Valley receives federal financial support under the Older Americans Act furnished by the Central Mass Agency on Aging and the Executive Office of Elder Affairs.			