



MONTHLY MENU

AUGUST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Salisbury Steak w/Gravy Rice Pilaf Green Beans	4 Cobb Salad Roll Dressing	5 Vegetable Lasagna Dinner Roll Broccoli	6 Sweet & Sour Chicken Mixed Veggies Rice	7 Chicken Enchilada Fiesta Veggies Rice
10 Meatloaf w/ Gravy Mac & Cheese Veggies	11 Denver Omelet Breakfast Potatoes Pork Sausage	12 Chicken Nuggets Mashed Potatoes Mixed Veggies	13 Sweet & Sour Meatballs Pasta Carrots	14 Beef Lasagna Dinner Roll Broccoli
17 BBQ Pulled Pork Baked Beans Cobbler	18 Chicken Cordon Bleu Potato Wedges Mixed Veggies	19 Seasoned Chicken w/ Gravy Mashed Potatoes Carrots	20 Cheese Enchiladas Rice Refried Beans	21 Spaghetti & Meatballs Mixed Veggies Fruit Crisp
24 Salisbury Steak w/Gravy Rice Pilaf Green Beans	25 Swedish Meatballs on Pasta Corn Roll	26 Stuffed Peppers Mixed Veggies Beignet	27 Asian Chicken Salad Dinner Roll Dressing	28 Cheese Omelet Pork Sausage Hash Brown
31 Meatloaf w/Gravy Mac & Cheese Mixed Veggies				

1% milk and fruit are included with each meal. A donation of \$3.00 is requested for each meal.

Meals are prepared by WARMC. Meal costs partially funded by: WACOG & United Healthcare.



Menu is subject to change. Senior Nutrition Center is located at 2275 Trane Rd, Bullhead City.
Congregate lunch is served Monday through Friday 11:30 am - 12:30 am to those 60+ or with a disability. Meals on Wheels clients: please call the nutrition center when you will not be home for your meal delivery (928) 763-0193.