

# AUGUST 2017

# SILVER SPOON CAFÉ CENTRAL, EAST, & WEST

Meals served at 12:00pm/ Montour site served at 11:45am

Menu subject to change

Reservations by 9am @ 535-7470

MON	TUE	WED	THU	FRI
<p>All Meals served with 2% or Fat Free Milk Bread/Roll &amp; Margarine Available upon request</p>	<p>1 Meatloaf Mixed vegetable Three bean salad Whipped potatoes/ gravy Watermelon</p>	<p>2 Marinated chicken breast cold plate Pasta salad Potato salad Whole wheat dinner roll Cantaloupe</p>	<p>3 Salisbury steak Mashed potato Carrots Kidney green salad Peach apple Salad Low Sodium V8</p>	<p>4 Turkey divan over brown rice Stewed tomatoes Pea &amp; beet salad Dinner roll Fresh fruit</p>
<p>7 Layered cabbage roll casserole Steamed potatoes Sweet peas Whole wheat bread Peaches w/ raspberries Grape Juice</p>	<p>8 Pulled pork on a whole wheat bun Baked beans Broccoli salad Strawberry shortcake</p>	<p>9 Lasagna Toss salad Garlic bread Juice Molded peach-cheese salad</p>	<p>10 Stuffed chicken breast/gravy Mashed potato Beets Tropical fruit Dinner roll Pudding with topping</p>	<p>11 Beef and mushrooms w/bun Corn Hash brown potato Pineapple Juice</p>
<p>14 Chicken ala king Pasta Beet and onion salad Mandarin oranges Juice</p>	<p>15 Hot roast beef sandwich w/ gravy Mashed potato Angie's salad Carrifruit salad</p>	<p>16 Beef stroganoff w/ pasta Carrots Whole wheat roll Plums Juice</p>	<p>17 <b>BLOCK PARTY</b> Barbeque chicken Baked beans Macaroni salad Whole wheat roll Watermelon</p>	<p>18 Tuna salad/ whole wheat bun Cottage cheese with pineapple Three bean salad Whole wheat roll Grapes Juice</p>
<p>21 Beef vegetable stew w/ Biscuit Steamed zucchini &amp; tomatoes Fresh Fruit</p>	<p>22 Roasted pork w/ apple glaze Sweet potatoes Cauliflower Kidney green salad Peaches</p>	<p>23 Sliced turkey sandwich on whole wheat Lettuce/tomato Creamy coleslaw Pears w/ blueberries Low Sodium V-8 juice</p>	<p>24 Baked ham Prince Edward island vegetable Au gratin potatoes Hawaiian salad Apple</p>	<p>25 Fish Morney Rice pilaf Peas &amp; carrots Juice Ice cream</p>
<p>28 Swedish meatballs Pasta Vegetable medley Dinner roll Fruit ambrosia</p>	<p>29 Zucchini cheese bake Baked squash Tossed salad w/ dressing Whole wheat dinner roll Brownie</p>	<p>30 Macaroni and cheese Harvard beets Molded cucumber salad Whole wheat dinner roll Applesauce w/ cinnamon Juice</p>	<p>31 Parmesan crusted chicken Creamed potato Baby carrots Calico bean salad Blueberry crisp</p>	