



# OSCEOLA COUNCIL ON AGING

## August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/01/22	08/02/22	08/03/22	08/04/22	08/05/22
Chicken Verde Enchilada Rice Broccoli Whole Kernel Corn Fresh Fruit Milk or Fortified Juice	Beef Stroganoff Green Beans Carrots Fresh Banana Milk or Fortified Juice	Shredded Pork Cilantro Lime Rice Capri Vegetable Blend Brussels Sprouts Fruit Cocktail Milk or Fortified Juice	Breaded Chicken w/Gravy Au Gratin Potatoes Green Peas Applesauce Cornbread Margarine Milk or Fortified Juice	Beef Picadillo Yellow Rice Kidney Beans Mixed Vegetable Blend Fresh Fruit Milk or Fortified Juice Diet Gelatin
08/08/22	08/09/22	08/10/22	08/11/22	08/12/22
Beef Ziti Green Peas Spring Vegetable Blend Fresh Fruit Milk or Fortified Juice	Arroz con Pollo Black Beans Fiesta Vegetable Blend Pineapple Tidbits Milk or Fortified Juice	Hamburger Patty Oven Roasted Potatoes Green Beans Hamburger Bun Fresh Fruit Milk or Fortified Juice Ketchup   Mustard	Breaded Chicken Tenders Broccoli w/Cheese Carrots Applesauce Milk or Fortified Juice Biscuit Ketchup Diet Gelatin	Turkey Breast w/Gravy Whipped Potatoes Mixed Greens Cornbread Fresh Banana Milk or Fortified Juice
08/15/22	08/16/22	08/17/22	08/18/22	08/19/22
Chicken Cordon Bleu Penne Pasta Green Beans Whole Kernel Corn Fresh Fruit Milk or Fortified Juice	Meatloaf w/Gravy Whipped Potatoes California Vegetable Blend Biscuit Fresh Fruit Milk or Fortified Juice Diet Gelatin	Pineapple Glazed Ham Black-eyed Peas Cabbage Cornbread Mixed Fruit Milk or Fortified Juice	Beef Tamale Pie Rice Sweet Plantains Carrots Applesauce Milk or Fortified Juice	Chili Hot Dog Baked Beans Mixed Vegetable Blend Hot Dog Bun Fresh Fruit Milk or Fortified Juice
08/22/22	08/23/22	08/24/22	08/25/22	08/26/22
Chicken & Dumplings Garden Vegetable Blend Green Peas Biscuit Pineapple Tidbits Milk or Fortified Juice	Salisbury Steak w/Gravy Rice Pinto Beans Spring Vegetables Fresh Fruit Milk or Fortified Juice	Chicken Stir Fry Fried Rice Japanese Vegetable Blend Glazed Carrots Fresh Fruit Milk or Fortified Juice Diet Gelatin	Spaghetti & Meatballs Whole Kernel Corn Green Beans Fresh Fruit Milk or Fortified Juice	Popcorn Chicken Macaroni & Cheese Roasted Potato Medley Summer Vegetable Blend Applesauce Milk or Fortified Juice Ketchup x 2
08/29/22	08/30/22	08/31/22		
Pork Riblet Tater Tot Casserole Mixed Beans Hamburger Bun Pineapple Tidbits Milk or Fortified Juice		Pork Riblet Tater Tot Casserole Mixed Beans Hamburger Bun Pineapple Tidbits Milk or Fortified Juice		