


August 2017

THE LIGHTER SIDE OF SENIOR DINING

Delano Senior Center
763-972-0574

Catholic Charities Menu Choices for the Light Meal Option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1% milk is served with every meal. Menu is subject to change. Suggested contribution for persons 60+ and volunteers is \$7.75 - \$4.00. No Registered Guest 60+ is denied a meal based on their ability to pay. Guests under 60 pay \$7.75.	1 Tuna Salad Sandwich Lettuce Salad Cherry Torte Bar	2 Stuffed Green Pepper Fresh Fruit Cup Dinner Roll Pie	3 Roast Beef w/Horseradish Whipped Potatoes w/Grav Seasoned Corn Wheat Dinner Roll Peaches	4 Sweet & Sour Chicken Oriental Vegetables Rice Fruit Sauce Blonde Brownie
7 Chicken Rice Soup Hamburger Lettuce Salad Warm Apple Slices	8 no lighter side Swiss Steak Onion Roasted Potatoes Beets Wheat Bread Frosted White Cake	9 Navy Bean Soup Chicken Salad Sand Lettuce Salad Coconut Pineapple Bar	10 Oriental Chicken Salad Fruit Breadstick Oatmeal Raisin Cookie	11 Vegetable Beef Soup Egg Salad Sandwich Lettuce Salad Glorified Rice
14 no lighter side Chicken Tetrizzini Candied Sweet Potatoes Fresh Veggies w/Ranch Dip Wheat Dinner Roll Pudding	15 Stuffed Green Pepper Fresh Fruit Cup Dinner Roll Jello	16 no lighter side Roast Turkey Whipped Potatoes w/Gravy Country Trio Vegetables Wheat Bread Rainbow Dessert	17 no lighter side Dog Days of Summer Chili Dog on a Bun Potato Salad Fresh Fruit Salac Puppy Chow Mix 	18 Chef's Salad: Lettuce, Meat, Cheese & Vegetables Bread Stick Mandarin Oranges
21 Cream of Potato Soup Tuna Salad Sandwich Lettuce Salad Chocolate Mousse	22 no lighter side Roast Beef w/Horseradish Whipped Potatoes/Gravy Fresh Fruit Wheat Bread Carrot Cake	23 Chicken Vegetable Soup Bacon, Lettuce & Tomato Sandwich Lettuce Salad Warm Fruit Compote	24 Sweet & Sour Chicken Oriental Vegetables Rice Fruit Sauce Boston Cream Cake	25 Chicken Rice Soup Chicken Breast Lettuce Salad Sweetened Strawberries
28 Taco Salad Bread Stick Sliced Pears	29 Navy Bean Soup Chicken Salad Sandwich Lettuce Salad Ice Cream	30 no lighter side Meatloaf Scalloped Potatoes Carrots Wheat Bread Old Fashioned Trifle	31 Vegetable Beef Soup Egg Salad Sandwich Lettuce Salad Butterscotch Chip Cookie	Partially funded under contract with the Central Minnesota Council on Aging as part of the Older Americans Act Program and Administered by Catholic Charities of the Diocese of St.