

August 2018

THE LIGHTER SIDE OF SENIOR DINING

Catholic Charities Menu Choices for the Light Meal Option

Delano Senior Center

763-972-0574

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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. 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. Cloud.</p>		<p>Lighter side 1 Baked Potato topped w/ Chili & Cheese Italian Lettuce Salad Wheat Dinner Roll Pie</p>	<p>No Lighter side 2 Roast Beef w/Horseradish Whipped Potatoes w/Gravy Seasoned Corn Wheat Dinner Roll Peaches</p>	<p>Lighter side 3 Teriyaki Beef Rice Bowl: Beef Oriental Vegetables Rice Pineapple Tidbits Blonde Brownie</p>
<p>Lighter side 6 Chicken Rice Soup w/Veg Hamburger Lettuce Salad Warm Apple Slices</p>	<p>No Lighter side 7 Swiss Steak Onion Roasted Potatoes Beets Wheat Bread Frosted White Cake</p>	<p>Lighter side 8 Navy Bean Soup Chicken Salad Sandwich Lettuce Salad Coconut Pineapple Bar</p>	<p>Lighter side 9 Turkey-Bacon Sandwich w/Lettuce and Tomato Minestrone Soup Fruit</p>	<p>Lighter side 10 Vegetable Beef Soup Egg Salad Sandwich Lettuce Salad Glorified Rice</p>
<p>No Lighter side 13 Chicken Tetrazzini Candied Sweet Potatoes Fresh Veggies w/ Ranch Dip Wheat Dinner Roll Pudding</p>	<p>Lighter side 14 Oriental Chicken Salad Oriental Chicken over Lettuce Fruit Bread Stick Chocolate Chip Cookie</p>	<p>Lighter side 15 Vegetable Beef Soup Egg Salad Sandwich Lettuce Salad Rainbow Dessert</p>	<p>Lighter side 16 Sausage Quiche Fried Potatoes Fruit Cup Muffin Apple Cake</p>	<p>Lighter side 17 Chef's Salad: Lettuce, Meat, Cheese & Vegetables Bread Stick Mandarin Oranges</p>
<p>Lighter side 20 Cream of Potato Soup Tuna Salad Sandwich Lettuce Salad Chocolate Mousse</p>	<p>No Lighter side 21 Roast Beef w/Horseradish Whipped Potatoes/Gravy Green Beans Wheat Bread White Cake</p>	<p>Lighter side 22 Chicken Vegetable Soup Bacon, Lettuce & Tomato Sandwich Lettuce Salad Warm Fruit Compote</p>	<p>Lighter side 23 Sweet & Sour Chicken Oriental Vegetables Rice Fruit Sauce Boston Cream Cake</p>	<p>Lighter side 24 Chicken Rice Soup w/Veg Chicken Breast Lettuce Salad Sweetened Strawberries</p>
<p>Lighter side 27 Taco Salad Bread Stick Peaches</p>	<p>No Lighter side 28 Pork Chop Oven Roasted Potatoes Corn Coleslaw Ice Cream</p>	<p>No Lighter side 29 Meatloaf Scalloped Potatoes Carrots Wheat Bread Old Fashioned Trifle</p>	<p>Lighter side 30 Vegetable Beef Soup Egg Salad Sandwich Lettuce Salad Oatmeal Raisin Cookie</p>	<p>Lighter side 31 Chicken Stir Fry with Stir Fry Vegetables Rice Garden Salad Mixed Fruit</p>