

Cowlitz Senior Nutrition and Activities

Meals are served in Toledo Monday thru Friday. And Tuesday in Longview.

MONTH of August 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|---|--|--|-------------------------------------|
| | | 1 Goulash, Green Beans, Roll, Fruit | 2 Grilled cheese & Tomato Soup Fruit | 3 Macaroni and Cheese, Broccoli Salad, Fruit | 4 BBQ Potluck | 5 |
| 6 | 7 Tuna Sandwich, Chips, Fruit | 8 Taco Salad Fruit | 9 French Dip, French Fries Green Salad Fruit | 10 Patty Melt, Broccoli salad, Fruit | 11 Clam Chowder, Salad, Fruit | 12 |
| 13 | 14 Sloppy Joes Baked Fries Spinach Salad Fruit | 15 Chicken Parmesan Casserole, Salad, Bread, Fruit | 16 Mariners Trip No Lunch Served | 17 Stuffed Pork chops, Mashed potatoes, Spinach Salad | 18 No Lunch Served Staff Picnic | 19 |
| 20 | 21 Hamburger macaroni Soup, Green salad, Fruit | 22 Lasagna, Green Salad, Fruit, Roll | 23 Navy Bean Soup, Bread, Green Salad, Fruit | 24 Fishing Trip Chefs Choice | 25 Fishing Trip Chefs Choice | 26 |
| 27 | 28 BLT on Wheat, Chips, Fruit | 29 Teriyaki Chicken, Vegies, Salad, Fruit | 30 Roast Beef, Mashed Potatoes, Green beans, Fruit | 31 Trip to Ilani Casino leaving @ 10 am | | Mariners Trip No Lunch Served |

MENU SUBJECT TO CHANGE

Please contact Deb, Nancy or Linda 360.864.7006 or 360.864.7003 by 10:30 am if you're coming to lunch
Milk, Juice and Bread available by request

