

August's Menu – Bon Appétit!

For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change.

If you have a food allergy please notify the Office for Aging.

A voluntary suggested contribution of \$4.00 is requested for people age 60+ and spouse of any age.

Those under age 60 are charged \$5.00 per meal.

No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

We Hear You! Some have commented that we serve too much chicken! We hear you and are offering a choice on most days that chicken is on the menu. BUT... Here are a few good reasons that you see chicken on the menus: <ol style="list-style-type: none"> 1. Chicken is high quality protein: which is essential for building and repairing tissues, maintaining muscle mass and supporting overall body functions. 2. Chicken is rich in many important nutrients including Vitamins B3, B6 and B12, phosphorus and selenium. These play a vital role in energy production, immune functions and brain health. 				Pub Burger 1 OR Tuna Salad Hashbrown Potatoes Diced Beets Carrot Raisin Bar
Four Cheese 4 Macaroni & Cheese Stewed Tomatoes Brussels Sprouts Pineapples & Oranges	Breaded Chicken Cutlet 5 OR Ham Salad Sandwich Red Potato Salad Summer Corn Salad Vanilla Pudding w/Berries	Halupki 6 OR Roasted Chicken Thigh Mashed Potatoes Peas & Carrots Blueberry Coffeecake	Grandma's Meatloaf 7 Mashed Potatoes French Cut Green Beans Chocolate Cake	Kielbasa 8 OR Beer Battered Fish Pierogies w/Onions Peas Honey Dew Melon
Ham & Swiss on Rye 11 Stuffed Pepper Soup Applesauce Ice Cream Cup	Baked Ham 12 OR Shrimp Scampi Alfredo Pasta Broccoli Florets Chocolate Chip Cookie	Caesar Chicken Breast 13 OR Sausage Link Southwest Brown Rice & Bean Salad Pears Pineapple Cake	Turkey & Provolone 14 On Marble Rye Mediterranean Pasta Salad Mandarin Oranges Watermelon	Manicotti 15 Wax Beans Garden Salad Confetti Cookie
Meatball Parm Sub 18 Sausage Florentine Soup Peaches Sherbet Cup	Rotisserie Chicken 19 OR Broiled Fish Roasted Potatoes Cottage Cheese Chocolate Brownie	Grandma's Meatloaf 18 Cheesy Mashed Potatoes Carrots Peaches	National Senior Citizens Day! Broccoli Cheese Chicken 21 Baked Potato Country Blend Vegetables Peanut Butter Pie Cups	Chicken 22 OR Egg Salad Croissant Coleslaw Mandarin Oranges Cranberry Oatmeal Cookie
Pierogies w/Kielbasa 25 Broccoli Florets Lemon Pudding	Lasagna Soup 26 Deluxe Garden Salad Peaches Oatmeal Raisin Cookie	Roast Turkey 27 Bread Dressing Corn Pumpkin Pie	Beef Burgundy 28 OR Chicken Marsala Buttered Noodles French Cut Green Beans Cantaloupe	Pub Burger 29 OR Crab Cake Baked Beans Red Potato Salad Strawberry Shortcake

Funded by: NYSOFA, US Dept. of Health & Human Services – Administration on Community Living and Broome County Office for Aging