

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 3 Sloppy Joe on a Bun Sweet Baked Potatoes Green Beans Peaches with Cream	August 4 Chef Salad with Turkey, Cheese and Egg Veggie Mac Salad Fig Newtons	August 5 Veal and Peppers over spaghetti Carrot Coins Dinner Roll Pineapple Fluff	August 6 Chicken Patty on a Bun Parsley Potatoes Buttered Peas Orange	August 7 Roast Beef and Cheese on a Bun Homemade Coleslaw Cold Beets Fresh Pear
August 10 Spaghetti with Meat Sauce Broccoli Carrot Coins Macintosh Apple	August 11 Meatloaf with Gravy Mashed Sweet Potatoes Brussel Sprouts Fruited Gelatin	August 12 Chicken Alfredo Penne Broccoli Corn Fresh Plum	August 13 Breaded Cod over brown Rice Steamed Spinach Choc Chip Cookie	August 14 Egg Salad on a Croissant 3 Bean Salad Broccoli Salad Fruit Medley
August 17 Macaroni and cheese Normandy Blend Veggies Buttered Corn Pineapple and Cherries	August 18 <i>Happy August Birthdays</i> Cheeseburger on a Bun Baked Beans Baby Carrots Chef's Choice Dessert	August 19 Chicken Tetrazzini over Spaghetti Green Peas Dinner Roll Butterscotch Pudding	August 20 French Toast Casserole Sausage Link Oven Brown Potatoes Yogurt with Berries Orange Juice	August 21 Tuna Salad on a Bed of Greens Cottage Cheese Macaroni Salad Fresh Apple
August 24 Sweet and Sour Pork over Brown Rice Oriental Blend Vegetables Baby Carrots Mandarin Oranges	August 25 Hot Dog with Meat Sauce Yellow Sweet Corn California Blend Veggies Oat Raisin Cookie	August 26 Beef with Peppers and Mushrooms over Rice Lima Beans Rutabaga Apple Sauce	August 27 BBQ Chicken Breast Sweet potatoes Collard Greens Mixed Berries with Cream	August 28 LS Ham and Swiss on a Croissant Italian Pasta Salad Cukes and Tomatoes Lorna Doone Cookies
August 31 American Goulash Mixed Vegetables Dinner Roll in Tray Diced Pears and Cream		Allergy information available upon request		<u>Our meals contain:</u> 3-4 oz of protein 1 cup of dairy 1 cup of vegetables 1 cup of fruit 2 oz of whole grains 2 tsp of healthy fat

Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees.

TO CANCEL OR RESTART YOUR HOME DELIVERED MEALS - Call 518-746-2357

Congregate Meal Sites: Cambridge 518-677-8592 - Hudson Falls 518-747-9352 - Whitehall 518-499-2482

Menus subject to change.

<https://www.seniorcenterkfe.com>