



# Mizell Senior Center August 2018



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Baked Ziti with Italian Sausage Broccoli Garlic Bread	<b>2</b> Chicken Enchilada Green Sauce Green Beans Aztec Rice	<b>3</b> Baked Cod Rice Pilaf Carrots Wheat Roll
<b>6</b> Teriyaki Chicken Garlic rice Asian Pear Slaw Hawaiian Roll	<b>7</b>  Open Face Chili Cheese Dog Tater Tots Cole Slaw	<b>8</b> Roasted Chicken Parmesan Risotto Cauliflower Blend Wheat Roll	<b>9</b> Salisbury Steak Mashed Potatoes Mixed Vegetables Roll	<b>10</b> Vegetable Lasagna Italian Veggies Garlic Cheese Bread Sticks
<b>13</b>  Blackened Chicken Alfredo Farfalle Pasta Broccoli Wheat Roll	<b>14</b> Roasted Pork Roast Pan Gravy Garlic Mashed Potatoes Dinner Roll	<b>15</b> Spaghetti with Meatball Green Beans Garlic Bread	<b>16</b> Chicken Parmesan with Marinara Sauce Bowtie Pasta Roasted Vegetables	<b>17</b> Turkey Sandwich on Wheat Bread Lettuce, Tomato Broccoli Salad
<b>20</b> Cheese Tortellini Vodka Sauce Winter Vegetables Garlic Bread	<b>21</b>  Oven Fried Chicken Gravy, Mashed Potatoes Collard Greens Roll	<b>22</b> Sheppard's Pie Potato Beef Gravy Mixed Vegetables Wheat Roll	<b>23</b> Roast Pork Carnitas Red Sauce Carrots Black Beans, Rice	<b>24</b> Chicken Salad Sandwich Marinated Tomato Wheat Roll
<b>27</b> Swedish Meatballs Egg Noodles Broccoli	<b>28</b> Sweet and Sour Chicken Jasmine Rice Broccoli Roll	<b>29</b> Roast Turkey Stuffing, Gravy Sweet Potato Mash Green Beans	<b>30</b> Chicken Dumplings Parsley Potatoes Vegetable Blend Wheat Roll	<b>31</b> Baked Cod Garden Rice Carrots Wheat Roll

 = High Sodium Meal