

August 2022 MOW Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Meatball Sandwich Whole Kernel Corn Seasonal Fresh Fruit	Meatloaf (Birthday Meal) Whipped Potatoes w/Brown Gravy Green Beans Stewed Tomatoes Fresh Fruit Birthday Cupcake	Pork Carnitas Black Beans Fajita Vegetables Lemon Lime Gelatin	Sweet & Sour Chicken Rice Mixed Vegetables Sliced Carrots Chocolate Chip Cookie	Turkey Salad Mandarin Oranges & Pineapple Saltine Crackers Chocolate Pudding
8	9	10	11	12
Baked Chicken Brown Rice Black Beans w/Red Peppers Chuckwagon Corn	Spaghetti & Meatballs Mixed Vegetables Whole Wheat Roll Mandarin Oranges	Chef Salad Saltine Crackers Mixed Fruit Citrus Gelatin	Breaded Fish Delmonico Potatoes Glazed Carrots Seasonal Fresh Fruit Chocolate Chip Cookie	Pork Roast w/ Mushroom Gravy Whipped Potatoes Spinach Seasonal Fresh Fruit
15	16	17	18	19
Salisbury Steak Garlic Whipped Potatoes w/Brown Gravy Mixed Vegetables Whole Wheat Roll Pineapple Tidbits	BBQ Chicken Salad Saltine Crackers Applesauce Vanilla Pudding	Cheeseburger Baked Beans Carrots	Egg Salad Sandwich Kidney Bean Salad Pineapple Tidbits Orange Gelatin Whole Wheat Roll	Chicken Enchilada Bake Black Beans Mandarin Oranges
22	23	24	25	26
Sloppy Joe Baked Beans Glazed Carrots Lemon Lime Gelatin	Breaded Fish Roasted Red Potatoes Brussel Sprouts Seasonal Fresh Fruit	Fiesta Chicken Salad Saltine Crackers Mandarin Oranges Butterscotch Pudding	Beef Ziti Bake Mixed Vegetables Hot Cinnamon Applesauce	Sliced Turkey Breast Sandwich Cucumber Onion Salad Mandarin Oranges & Pineapple Chocolate Chip Cookie
29	30	31		
Beef Patty w/Brown Gravy w/Onions Lyonnaise Potatoes Carrots Seasonal Fresh Fruit Lime Gelatin	Cranberry Dijon Chicken Confetti Rice Mixed Vegetable Blend Mandarin Oranges	Turkey Salad Sandwich Cucumber/Tomato Salad Seasonal Fresh Fruit		

Suggested Donation: \$2.50
 Donations can be made online at: <https://salt-lake-county-aging-adult-services.square.site/>