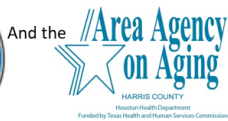


This program is funded
in part by:



City of Jacinto City

Heritage Hall Senior Center

AUGUST 2022 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
8/1/2022 Swiss Steak Whipped Potatoes Lemon Zest Broccoli Wheat Bread Nutty Buddy Bar Milk	8/2/2022 Turkey and White Beans* Catalina Vegetables Cabbage Texas Bread Fruited Lemon Gelatin Milk	8/3/2022 Beef with Onion Gravy Herbed Green Peas Glazed Carrots Wheat Bread Chocolate Graham Crackers Milk	8/4/2022 Chicken Shawarma Yellow Rice Green Beans with Onions Texas Bread Fresh Banana Milk	8/5/2022 Polish Sausage+ Ranch Beans Country Tomatoes Hot Dog Bun Graham Crackers Milk Mustard
8/8/2022 Coconut Chicken Jasmine Rice Japanese Vegetables Texas Bread Animal Crackers Milk	8/9/2022 Hamburger Patty Shredded Lettuce/Pickles Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup	8/10/2022 Lemon Pepper Fish Green Peas Sliced Carrots Wheat Bread Strawberry Gelatin Milk	8/11/2022 Beef Chili with Beans Whole Kernel Corn Spinach Cornbread Nutty Buddy Bar Milk Margarine	8/12/2022 Tomato Pesto Chicken Garlic Whipped Potatoes Green Beans Wheat Bread Fresh Banana Milk
8/15/2022 Meatloaf Brown Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit Milk	8/16/2022 Breaded Chicken Patty Cream Cheese Corn Stewed Tomatoes Wheat Bread Fresh Fruit Milk	8/17/2022 Sausage/Onions/Peppers+ Cajun Rice Kidney Beans Wheat Bread Oatmeal Cream Cookie Milk	8/18/2022 Beef Stroganoff Broccoli Parslied Carrots Dinner Roll Birthday Cake Milk	8/19/2022 Onion Chicken Mashed Spiced Yams Cabbage Texas Bread Graham Crackers Milk
8/22/2022 BBQ Pork Rib Patty+ Whole Kernel Corn Green Beans Texas Bread Nutty Buddy Bar Milk	8/23/2022 Beef Taco Spanish Rice Fiesta Vegetables Flour Tortilla Animal Crackers Milk Taco Sauce	8/24/2022 Turkey Gumbo* Pinto Beans Diced Beets Cornbread Fresh Orange Milk Margarine	8/25/2022 Baked Chicken with Gravy Macaroni and Cheese Brussels Sprouts Dinner Roll Fudge Cream Cookie Milk	8/26/2022 Spanish Beef Patty Lentils Sliced Carrots Wheat Bread Cherry Gelatin Milk
8/29/2022 Parmesan Chicken Whole Kernel Corn Green Beans Dinner Roll Oreo Cookies Milk	8/30/2022 Western Baked Beef Whipped Potatoes Catalina Vegetables Texas Bread Fresh Orange Milk	8/31/2022 Lemon Butter Chicken Black-Eyed Peas Broccoli Texas Bread Fruited Orange Gelatin Milk	<p>Please reserve your meal two days in advance by calling us at 713-554-9046</p>	

* - Turkey
+ - Pork