

Neighborhood House 309-674-

# AUGUST 2022

(Meals are subject to change)

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

|  |   |   |  |   |   |  |
|--|---|---|--|---|---|--|
| <p><b>Milk is included in all meals</b></p> <p><b>Meal Components</b></p> <ul style="list-style-type: none"> <li>• <b>3 oz. serving meat /protein</b></li> <li>• <b>1 1/2 cups vegetable and/or fruit</b></li> <li>• <b>2 servings grain</b></li> <li>• <b>8oz low fat milk</b></li> </ul> <p><b>Guests/Private Pay \$5.00</b></p> <p><b>Recommended Donation for Home Delivery &amp; Congregate Programs \$3.00</b></p> | <p>1<br/>Hamburger Patty<br/>Carrots<br/>Broccoli<br/>WG Bun<br/>Apple</p>        | <p>2<br/>Lemon Chicken<br/>Cauliflower<br/>Beets<br/>WG Roll<br/>Pears</p>                                | <p>3<br/>Beef Hot Dog<br/>Baked Beans<br/>Corn<br/>WG Bun<br/>Peaches</p>                    | <p>4<br/>Chicken Tenders<br/>Mixed Vegetables<br/>Lima Beans<br/>Mandarin Oranges</p> | <p>5<br/>Egg &amp; Cheese Omelet<br/>French Toast<br/>Peas<br/>Stewed Tomatoes<br/>Banana</p> | <p><b>Tremont</b></p> <p><b>Hopedale</b></p> <p><b>Pekin</b></p> <p><b>Washington Heartland Apt.</b></p> <p><b>*** Cold Meal will Be delivered</b></p> |
|  | <p>8<br/>Pulled Pork<br/>Sweet Potatoes<br/>Green Beans<br/>WG Bun<br/>Orange</p> | <p>9<br/>B.B.Q. Chicken<br/>Broccoli<br/>Cauliflower<br/>WG Roll<br/>Peaches</p>                          | <p>10<br/>Meatball Marinara<br/>Corn<br/>Beets<br/>WG Bun<br/>Pears</p>                      | <p>11<br/>Fish Patty<br/>Peas<br/>Carrots<br/>WG Bun<br/>Mandarin Oranges</p>         | <p>12<br/>Chicken Nuggets<br/>Mixed Vegetables<br/>Lima Beans<br/>Hot Ciin. Apples</p>        |  |
|  | <p>15<br/>Sloppy Joe<br/>Cauliflower<br/>Beets<br/>WG Bun<br/>Apple</p>           | <p>16<br/>Chicken Parmesan<br/>Broccoli<br/>Corn<br/>WG Roll<br/>Peaches</p>                              | <p>17<br/>Beef &amp; Gravy<br/>WG Noodles<br/>Mixed Vegetables<br/>Lima Beans<br/>WG Bun</p> | <p>18<br/>Shrimp &amp; Grits<br/>Green Beans<br/>WG Roll<br/>Pineapple</p>            | <p>19<br/>Chicken &amp; Gravy<br/>WG Noodles<br/>Peas<br/>Carrots<br/>Banana</p>              |  |
|  | <p>22<br/>Pork Riblet<br/>Sweet Potatoes<br/>Broccoli<br/>WG Bun<br/>Orange</p>   | <p>23<br/>Chicken Tacos<br/>Lettuce/Tomato/Cheese<br/>Black Beans<br/>Corn<br/>WG Tortilla<br/>Pears</p>  | <p>24<br/>Polish Sausage<br/>Saur Kraut<br/>Green Beans<br/>Mandarin Oranges</p>             | <p>25<br/>Chicken Patty<br/>Lima Beans<br/>Carrots<br/>WG Bun<br/>Peaches</p>         | <p>26<br/>Ham &amp; Beans<br/>Corn Bread<br/>Mixed egetables<br/>Hot Cin. Apples</p>          |  |
|  | <p>29<br/>Pork Tenderloin<br/>Green Beans<br/>Beets<br/>WG Bun<br/>Apple</p>      | <p>30<br/>Beef Tacos<br/>Lettuce/Tomato/Cheese<br/>Refried Beans<br/>Corn<br/>WG Tortilla<br/>Peaches</p> | <p>31<br/>Sausage Patty<br/>English Muffin<br/>Broccoli<br/>Stewed Tomatoes<br/>Pears</p>    |   |   |  |