



# August Menu 205

## Ketchikan-Saxman Senior Center

### 2401 Eagle Ave #2 Saxman, Alaska



<b>Monday</b> <b>4</b>	<b>Tuesday</b> <b>5</b>	<b>Wednesday</b> <b>6</b>	<b>Thursday</b> <b>7</b>
<b>Southeast Stir Fry</b> (Cabbage, Onion Carrots, Seaweed) Rice Apricot Salad	<b>Beef Vegetable</b> Soup Crackers Peaches & Cottage Cheese	<b>Cod Olympia</b> Sauteed Spinach Fruit Slaw Rice Pilaf	<b>Dutch Style Beef</b> & Cabbage Peas Carrot & Raisin Salad Wheat Bread
<b>11</b>  <b>Salmon Burger</b> French Fries Honey Mustard Coleslaw Fruit	<b>12</b>  <b>Chicken</b> Cacciatore Sweet Peas Honey Orange Salad	<b>13</b>  <b>Spaghetti with</b> Meat Sauce Italian Vegetables Garlic Bread Tossed Salad Fruit	<b>14</b>  <b>Salmon Chowder</b> Herbed Biscuit Apricot Salad
<b>18</b>  <b>½ Chicken</b> Sandwich Minestrone Soup Garden Salad Fruit	<b>19</b>  <b>Mac and Cheese</b> with Ham Steamed Broccoli Texas Slaw	<b>20</b>  <b>BBQ Chicken</b> Mixed Veggies Potato Salad Angle Biscuits Fruit	<b>21</b>  <b>Baked White Fish</b> Peas Sweet Potatoes Cabbage Pear Raisin Salad
<b>25</b>  <b>BBQ Chicken</b> Baked Beans Potato Salad Wheat Bread	<b>26</b>  <b>Sloppy Joes</b> Mixed Vegetables Texas Coleslaw Fruit	<b>27</b>  <b>Turkey Sandwich</b> Tomato Soup Fruit	<b>28</b>  <b>Chicken Adobo</b> Stir Fry Veggie Rice Spicy Fruit Cups
			Our menu items might contain any of the following allergens: milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, and sesame. If you are allergic to any of the above items, please call (907)220-7091 -for a copy of our recipes.

There may be occasional substitutions if a particular food did not arrive from the food supplier.