



Monday	Tuesday	Wednesday	Thursday	Friday
<p>August 2017</p> 	<p>1 Salmon with Lemon & Dill Butternut Squash Soup Succotash Mushroom Risotto Apple Peanut Butter Cookie Milk</p>	<p>2 Beef Bourguignon Mashed Potatoes Squash Medley Broccoli Peanut salad Apple Fruit Cup Oatmeal Raisin Cookie Milk</p>	<p>3 Pork Loin w/ Mushroom Sauce Black Bean Lentil Soup Roast Sweet Potatoes Brussel Sprouts Pineapple Chocolate Chip Cookie Milk</p>	<p>4 Beef Chili w/ Cheese Baked Potato w/ Sour Cream Tossed Salad w/ Dressing Grape Cup Milk</p>
<p>7 Sloppy Joe Carrots Canned Peaches Yogurt Milk</p>	<p>8 BLT Sandwich Tomato Basil Bisque Italian Vegetable Salad Coconut Crunch Fruit Salad Milk</p>	<p>9 Pepper Steak Brown Rice Succotash Strawberries Roll Peanut Butter Cookie Milk</p>	<p>10 Chicken Marsala Minestrone Soup Italian Vegetables Roasted Red Potatoes Orange Milk</p>	<p>11 Chicken Pot Pie Lima Beans Tossed Salad w/ Dressing Peach Cobbler Milk</p>
<p>14 Chicken Sandwich w/Avocado, Lettuce & Tomato Coleslaw Apple Fruit Cup Milk</p>	<p>15 Beef Stroganoff Pasta Cream of Asparagus Soup Roasted Brussel Sprouts Roll Peaches Milk</p>	<p>16 Pork Ribs Baked Beans California Vegetables Potato Salad Melon Cup Milk</p>	<p>17 Chicken Parmesan Pasta w/ Marinara Minestrone Soup Italian Vegetables Tomato Basil Salad Garlic Bread Orange Milk</p>	<p>18 Yankee Pot Roast w/ Gravy Potato Medley Maple Glazed Carrots Mandarin Oranges w/ Yogurt Raisin Nut Cup Milk</p>
<p>21 Hamburger w/ Lettuce, Tomato & Onion Pinto Beans Coleslaw Spiced Peaches Milk</p>	<p>22 BBQ Chicken Cream of Mushroom Soup Potato Salad Garbanzo Tomato Salad Mandarin Oranges Milk</p>	<p>23 Egg Salad Sandwich Pea Soup Tossed Salad w/ Dressing Mandarin Oranges Raisin Nut Cup Milk</p>	<p>24 Roast Turkey w/ Gravy Mashed Potatoes California Blend Vegetables Banana Peach Cobbler Milk</p>	<p>25 Chicken Alfredo Pasta Squash Medley Garbanzo Tomato Salad Strawberries Milk</p>
<p>28 Glazed Ham Roasted Sweet Potato Italian Vegetables High Fiber Cookie Milk</p>	<p>29 Chicken Salad Croissant Tomato Basil Bisque Potato Chips Broccoli Peanut Salad Apple Milk</p>	<p>30 Chicken Fajitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Spanish Rice SW Black Beans Strawberries Milk</p>	<p>31 Crab Cake Broccoli Cheddar Rice Green Beans Almandine Oatmeal Raisin Cookie Orange Milk</p>	 <p>MEALS ARE PARTIALLY FUNDED BY THE PIKES PEAK AREA AGENCY ON AGING</p>

MAKE A RESERVATION BY CALLING 884-2304 BY 2:00 P.M. THE DAY BEFORE YOU WANT A MEAL. PLEASE MAKE SURE YOU STATE THE SITE LOCATION WHERE YOU WOULD LIKE TO DINE AND THE NUMBER OF MEALS YOU WOULD LIKE TO RESERVE. ☺

Menu substitutions may occur without notice. Diners are advised to keep a three-day supply of non-perishable foods and bottled water in the event of inclement weather or other emergency that may cause a temporary suspension of service.

Monday	Tuesday	Wednesday	Thursday	Friday
August Nutrient Information	1 Calories:826 Carb. 98g: Protein42 g: Fat 31g: Fiber 12.4g: Sodium 716mg	2 Calories:890 Carb. 93g: Protein33 g: Fat 43g: Fiber 11.5g: Sodium 575mg	3 Calories:745 Carb. 96g: Protein42 g: Fat 22g: Fiber 12.8g: Sodium 997mg	4 Calories:791 Carb. 76g: Protein 33g: Fat 40g: Fiber 10.3g: Sodium 674mg
7 Calories:707 Carb. 91g: Protein33 g: Fat 28g: Fiber 11.4g: Sodium 955mg	8 Calories:697 Carb. 76g: Protein30 g: Fat 32g: Fiber 9.9g: Sodium 1114 mg	9 Calories:810 Carb. 112g: Protein 45g: Fat 20g: Fiber 12.5g: Sodium 829mg	10 Calories:640 Carb. 77g: Protein 43g: Fat 15g: Fiber 10.6g: Sodium 949mg	11 Calories:894 Carb. 103g: Protein 31g: Fat 40g: Fiber 11.9g: Sodium1010 mg
14 Calories:702 Carb. 72g Protein 47g Fat 27g Fiber 10.9g Sodium 723mg	15 Calories: 775 Carb. 92g: Protein 42g: Fat 27g: Fiber 11.4g: Sodium 901mg	16 Calories:813 Carb. 85g Protein 36g Fat 36g Fiber 12.9g Sodium 970mg	17 Calories:882 Carb. 108g: Protein 58g: Fat 23g: Fiber 11.9g: Sodium 1118mg	18 Calories:797 Carb. 94g: Protein 37g: Fat 35g: Fiber11.3 g: Sodium 730mg
21 Calories:833 Carb. 84g Protein 51g Fat 34g Fiber 15.2g: Sodium 908mg	22 Calories:1192 Carb. 93g Protein 52g Fat 66g: Fiber 10.7g: Sodium 1036mg	23 Calories:1015 Carb. 100g Protein 36g Fat 55g Fiber 17.1g Sodium 1015mg	24 Calories:780 Carb. 112g Protein 33g Fat 23g Fiber 9.7g Sodium 1027mg	25 Calories:866 Carb. 89g: Protein 58g: Fat 32g: Fiber 10.8g: Sodium 951mg
28 Calories:648 Carb. 99: Protein 29g Fat 14g Fiber10.6 g Sodium 1195mg	29 Calories:1035 Carb. 117g Protein 38g Fat 48g Fiber 12.0g Sodium 885mg	30 Calories:792 Carb. 105g Protein 44g Fat 22g Fiber 10.9g Sodium 1009mg	31 Calories:685 Carb. 93g Protein 23g Fat 26g Fiber 9.6g Sodium 940 mg	PWL 7/14/17

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