




SALERNO'S CONGREGATE MENU FOR AGING CARE CONNECTIONS - AUGUST 2022


MONDAY AUGUST 1	TUESDAY AUGUST 2	WEDNESDAY AUGUST 3	THURSDAY AUGUST 4	FRIDAY AUGUST 5
HAM AND CHEESE ON A BUN – 3 OZ. PASTA SALAD – 1/2 CUP FRUIT – ½ CUP MILK – 8 OZ	RAVIOLI 1/2 C W/MEAT SAUCE – 3 OZ. VEGGIE – ½ C BREAD – 4 OZ. FRUIT – ½ CUP MILK – 8 OZ	CHICKEN TENDERS – 3 OZ. MAC AND CHEESE – ½ CUP CELERY STICKS (RAW) – ½ CUP FRUIT – ½ CUP MILK – 8 OZ,	ITALIAN BEEF ON A BUN – 3 OZ. W/GREEN PEPPERS FRIES – ½ CUP VEGGIES – 1/2 CUP FRUIT – ½ CUP MILK - 8 OZ.	VEGGIE PIZZA WITH CHEESE, GR PEPPER, ONION WITH EXTRA THIN CRUST - 3 OZ. FRUIT - 1/2 C MILK - 8 OZ.
MONDAY AUGUST 8	TUESDAY AUGUST 9	WEDNESDAY AUGUST 10	THURSDAY AUGUST 11	FRIDAY AUGUST 12
EGG & PEPPER SANDWICH - 3 OZ ROASTED POTATOES - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.	JULIAN SALAD - 1 C W/ HAM , TURKEY, CHEESE, TOMATOES - 2 OZ EACH DRESSING BREAD - 4 OZ. FRUIT ½ CUP MILK - 8 OZ.	CHICKEN VESUVIO W/EX SAUCE - 3OZ. VESUVIO POTATOE W/EX SAUCE - 1/2 C VEGGIE - 1/2 C BREAD - 4 OZ. MILK - 8 OZ.	MEATBALL SANDWICH - 3 OZ WITH CHEESE, GR PEPPER, ONION FRIES - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.	TURKEY CLUB WITH BACON ON BREAD - 3 OZ. CARROTS STICKS (RAW) - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.
MONDAY AUGUST 15	TUESDAY AUGUST 16	WEDNESDAY AUGUST 17	THURSDAY AUGUST 18	FRIDAY AUGUST 19
SAUSAGE - 3 OZ. MAC AND CHEESE – ½ CUP FRUIT - 1/2 C MILK - 8 OZ.	CHEESEBURGER ON A BUN WITH LETTUCE, TOMATO, & ONION - 3 OZ. FRIES - 1/2 C FRUIT - 1/2C MILK - 8 OZ.	STUFFED CHICKEN BREAST - 3 OZ. STUFFING W/GRAVY - 1/2 C VEGGIE - ½ CUP FRUIT - 1/2C BREAD - 4 OZ. MILK - 8 OZ.	BAKED MOSTACCIOLI WITH MEAT SAUCE 1/2 C VEGGIES - 1/2 C BREAD 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	BLT SANDWICH - (BACON, MAYO, LETTUCE & TOMATO) - 3 OZ. CARROTS & CELERY STICKS - 1/2 C FRUIT - 1/2C MILK - 8 OZ.
MONDAY AUGUST 22	TUESDAY AUGUST 23	WEDNESDAY AUGUST 24	THURSDAY AUGUST 25	FRIDAY AUGUST 26
ITALIAN BEEF ON A BUN W/GREEN PEPPERS ROASTED POTATOES – ½ CUP FRUIT – ½ CUP MILK - 8 OZ.	CHICKEN PARMESAN - 3 OZ VEGGIE - 1/2 C BREAD - 4 OZ. FRUIT - ½ CUP MILK - 8 OZ.	LEMON CHICKEN - 3 OZ. RICE W/GRAVY - 1/2 C VEGGIE - ½ CUP FRUIT - 1/2C BREAD - 4 OZ. MILK - 8 OZ.	TUNA SALAD WITH CRACKERS - 3 OZ SERVED WITH LETTUCE , TOMATOE PASTA SALAD - 1/2 C FRUIT - 1/2C MILK - 8 OZ.	SPAGHETTI - 1/2 C w/MEATBALLS - 3 OZ VEGGIE - ½ CUP FRUIT - 1/2C BREAD - 4 OZ. MILK - 8 OZ.
MONDAY AUGUST 29	TUESDAY AUGUST 30	WEDNESDAY AUGUST 31	THURSDAY SEPTEMBER 1	FRIDAY SEPTEMBER 2
SAUSAGE PIZZA WITH WITH EXTRA THIN CRUST - 3 OZ. FRUIT - 1/2 C Milk - 8 OZ.	EGGPLANT PARMESAN - 3 OZ. VEGGIE - 1/2 C BREAD - 4 OZ. FRUIT - ½ CUP MILK - 8 OZ.	CHICKEN BREAST - 3 OZ. MASH POTATO W/ GRAVY - 1/2 C VEGGIE - ½ CUP FRUIT - 1/2C BREAD - 4 OZ. MILK - 8 OZ.	 	

SALAD - 1 C w/ each meal.

TO RESERVE CALL 708-603-2269 EXT 269 BEFORE 4pm to order for next days meal.

All & any items may be subject to change.