

Enterprise Active Life Center

August 2022

TUESDAY	WEDNESDAY	FRIDAY
2	3	5
Chile Lime Chicken Brown Rice Whole Wheat Tortilla Broccoli Black Bean & Corn Salad Tropical Fruit Milk	Meatballs in Marinara Sauce Pasta Garlic Texas Bread Parslied Carrots Brussels Sprouts Seasonal Fruit Milk	Turkey Breast with Gravy Wheat Bread Au Gratin Potatoes Green Beans with Onions Spinach Salad Peach Crisp <i>Diet - Sliced Peaches</i> Milk Margarine Ranch Salad Dressing
9	10	12
Chicken Cordon Bleu Biscuit Green Beans Parslied Carrots Tropical Fruit Milk	Sloppy Joe Sandwich Hamburger Bun French Fries Carrot Raisin Salad Hot Spiced Apples Sugar Cookie <i>Diet - Vanilla Wafers</i> Milk Ketchup	Swiss Steak over Egg Noodles Wheat Bread California Vegetable Blend Whole Kernel Corn Seasonal Fruit Milk Margarine
16	17	19
Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Pineapple Milk Ketchup Mustard	Fish Vera Cruz Whole Wheat Tortilla Spanish Rice Black Beans Coleslaw Applesauce Milk	Chicken Fried Rice (Rice in Entrée) Wheat Bread Broccoli Cabbage & Carrots Seasonal Fruit Fortune Cookie Milk Margarine
23	24	26
Pork with Lemon Caper Sauce Brown Rice Dinner Roll Whole Kernel Corn Spinach Salad Seasonal Fruit Milk Margarine Ranch Salad Dressing	Beef & Turkey Chili with Beans Wheat Bread Baked Potato Half California Vegetable Blend Tropical Fruit Milk Margarine Sour Cream Shredded Cheese	Salisbury Steak with Gravy Garlic Texas Bread Au Gratin Potatoes Parslied Carrots Green Peas Seasonal Fruit Milk
30	31	
BBQ Rib Patty Hamburger Bun Broccoli Potato Salad Fruited Gelatin <i>Diet - Sugar-Free Fruited Gelatin</i> Milk	Honey Lime Chicken Buttered Rice Wheat Bread Brussels Sprouts Cabbage & Carrots Tropical Fruit Milk Margarine	A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Menu subject to change based on availability. Follow Us on Facebook @triocommunitymeals