**August 2019 Sandpoint Area Seniors, Inc. *Menu* Lunch is at 11:30am, Monday-Thurs.**

 **820 Main Street, Sandpoint, Idaho 83864 208.263.6860 Breakfast is at 8:30am, Fridays**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| All meals provided by Sandpoint Area Seniors meet one-third of the Recommended Daily Allowance, as defined by the Food and Nutrition Board of the National Research Council of the National Academy of Sciences. |  |  |  **1.****Chicken Cordon Bleu****Steamed Potatoes****Carrots****Salad****Dessert** |  **2.****French Toast** **Ham & Egg** **Fruit & Juice**  |
|  **5.****BBQ Chicken****Baked Beans****Peas and Carrots****Salad Bar****Dessert** |  **6.****Salmon****Rice Pilaf****Brussels Sprouts****Salad Bar** **Dessert** |  **7.****Cranberry Meatballs****Parsley Potatoes****Mixed Vegetables****Salad Bar** **Dessert**  |  **8.****Cube Steak****Mash/Gravy****Squash****Black Eyed Pea Salad** **Dessert**  |  **9.****Bacon Quiche****Hash Browns** **Toast** **Fruit & Juice**  |
|  **12.****Cheeseburger****French Fries****Green Veg****Salad Bar** **Dessert** |  **13.****Stir Fry Chicken****Rice****Green Veg.****Salad Bar** **Dessert** |  **14.****Mushroom Ravioli****Garlic Toast****Spinach****Salad Bar** **Dessert** |  **15.****Meatloaf****Mash/Gravy****Key Largo Veg.****Carrot/Raisin Salad** **Dessert** |  **16.****Apple/Cinnamon Pancakes** **Bacon & Egg** **Fruit & Juice**  |
|  **19.****Lasagna****Garlic Toast****Spinach****Salad Bar** **Dessert** |  **20.****Oven Chicken****Mash/Gravy****5 Way Veg****Salad Bar** **Dessert** |  **21.****French Dip Sandwich****French Fries****Peas & Carrots****Salad Bar** **Dessert** |  **22.****BBQ Ribs****Baked Beans****Steamed Carrots****Coleslaw****Salad** **Dessert** |  **23.** **Bacon and Eggs****Hash Browns** **Toast****Fruit & Juice**  |
|  **26.****Tuna Casserole****Peas****Salad Bar****Dessert** |  **27.****Cabbage Roll/Rice****Carrots****Salad Bar****Dessert** |  **28.****Spaghetti/Meat Sauce****Spinach****Garlic Bread****Salad Bar/ Dessert** |  **29.****Hawaiian Chicken** **Rice****Green Beans & Leeks****Salad****Dessert** |  **30.****Biscuits & Gravy****Sausage****Hash Browns****Fruit & Juice** |

**Thank You for joining our Meal Program! Our suggested donation for persons 60 and over is $4.00 (or whatever you can afford).**

**Guests under age 60 are charged $8.00 each. Remember, whenever possible, a one-day advance meal reservation is appreciated. Please call 208-263-6860, 8am-3pm to make a reservation. Milk, Coffee, Tea and Bread are available daily with each meal.**