**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.**