

August 2019		POPE COUNTY SENIOR WELLNESS & ACTIVITY CENTER			CONGREGATE MENU	
Monday	Tuesday	Wednesday	Thursday	Friday		
			1 Pinto Beans w/Ham Red Roasted Potatoes Turnip Greens Regular or Mexican Cornbread Sweet Potato Cake	2 Mexican Chicken Casserole Chili Beans/Side Salad Tortilla Chips Sour Cream Sopapilla Cheesecake		
5 Beef Liver & Onions or Italian Meatballs Mashed Potatoes/Gravy Sweet Buttery Carrots Wheat Roll Angel Food Cake w/Strawberries	6 Beef Tip Stroganoff Green Beans w/Onion Wheat Roll Tropical Fruit Salad	7 Shrimp or Chicken Scampi Over Angel Hair Pasta Loaded Salad Garlic Cheese Sticks Yellow Butter Cake w /Mixed Fruit Topping	8 Overnight Pork Roast Mashed Potatoes Homemade Gravy Sweet Corn Wheat Roll Peach Cobbler	9 Tuna or Ham & Cheese on White Bread Lettuce, Tomato, Pickle Copper Penny Salad Ruffles Potato Chips Orange Sherbet		
12 Chicken Tenders or Polish & Sauerkraut Baby Baker Potatoes Mixed Vegetables Wheat Roll Applesauce	13 Ham & Cheese Stuffed Baked Potato Side Salad Buttery Texas Toast Pink Fluffy Stuff	14 BBQ Rib Patty or Popcorn Chicken Macaroni & Cheese Okra & Tomato Wheat Roll Earthquake Cake	15 Chicken & Dumplings Green Peas or Buttery Carrots Fluffy Biscuit Tinted Pears	16 <i>BURGERFEST</i> 4:30 - 6:30 <i>Information in</i> <i>Newsletter</i>  <i>No Lunch</i>		
19 Chicken Fried Steak Mashed Potatoes Country Gravy Garden Vegetables Garlic Cheese Biscuit Pineapple Tidbits	20 Hawaiian Chicken over White Rice Egg Roll Stir Fry Vegetables Mandarin Orange Cake	21 Tender Pot Roast Mashed Potatoes Homemade Gravy Green Beans w/Onion Wheat Roll Peanut Butter Fluff	22 Oven Fried Chicken Mashed Potatoes Country Gravy Pacific Vegetables Wheat Roll Baked Apple Cobbler	23 Spaghetti w/Meat Sauce Chuck Wagon Corn Garlic Toast Layered Raspberry Dream		
26 Hamburger Steak w/ Mushrooms, Peppers & Onions Mashed Potatoes/Gravy Peas & Carrots Wheat Roll Tropical Fruit	27 Baked Pitt Ham Sweet Potato Patties Creamed Spinach Cornbread Ice Cream Cup	28 Baked Breaded Cod or Breaded Chicken Breast Chicken Gravy Over Garden Rice Black-Eyed-Peas Cornbread Million Dollar Pie	29 Chicken Fried Chicken Mashed Potatoes Country Gravy Spring Vegetables Fluffy Biscuit Fruit Cocktail w/Cherries	30 Homemade Meatloaf Mashed Potatoes Brown Gravy Key Largo Vegetables Wheat Roll Carmel Apple Dump Cake		