

Lunch Served Daily at 12PM
Monday-Friday

Menu Changes May Occur Without Prior Notice

OCONEE COUNTY SENIOR CENTER
3500B Hog Mountain Rd Watkinsville
(706) 769-3979

August 2019

Monday

Tuesday

Wednesday

Thursday

Friday

***Alternate Entrée:** Turkey/Cheese Sandwich on Whole Wheat Bread. PLEASE NOTE: The alternate Entrée replaces the underlined menu item. Please make your lunch reservations and requests for the Alternate Entrée three (3) days in advance. Use the Pink Tickets located at the donation box near the kitchen window to place your order for the Alternate Entrée.*

5 Dijon Glazed Baked Tilapia

4 oz. Squash & Onion Medley
4 oz. Northern Vegetable Blend
4 oz. Peaches
Milk/Milk Substitute

12 Homemade Meatloaf

4 oz. Mashed Potatoes
4 oz. Italian Green Beans
4 oz. Tropical Fruit Salad
Milk/Milk Substitute

19 Smothered Chicken

4 oz. Lima Beans
4 oz. Parslied Carrots
4 oz. Pears
Dinner Roll/Margarine
Milk/Milk Substitute

26 Beef Chili with Beans

4 oz. Brown Rice
4 oz. Steamed Broccoli
4 oz. Pears
Milk/Milk Substitute

6 Grilled ¼ lb. Hamburger

Whole Wheat Bun
Lettuce, Tomato, Onion & Pickle
4 oz. Broccoli Salad
4 oz. Baked Beans
Sliced Watermelon
Milk/Milk Substitute

13 Chicken Tenders

4 oz. Turnip Greens
4 oz. Black-Eye Peas
Corn Bread/Margarine
4 oz. Peaches
Milk/Milk Substitute

20 Sloppy Joe on WW Bun

4 oz. Whole Kernel Corn
4 oz. Potato Salad
4 oz. Apple Slices
Milk/Milk Substitute

27 Grilled Chicken

4 oz. Roasted Sweet Potatoes
4 oz. Steamed Spinach
Corn Muffin/Margarine
Sliced Watermelon
Milk/Milk Substitute

7 Large Mixed Green Salad

w/Spinach & Veggies
4 oz. Grilled Chicken Breast
1 oz. Light Dressing
Whole Wheat Cracker
Banana
Milk/Milk Substitute

14 Hillbilly Hoedown

BBQ Pork Sandwich
Whole Wheat Bun
4 oz. Carrot Raisin Salad
4 oz. Corn/Tomato Slaw
Oatmeal Cookie
Milk/Milk Substitute

21 Beef Stir-fry

4 oz. Brown Rice
4 oz. Asian Vegetable Blend
4 oz. Mandarin Oranges
Milk/Milk Substitute

28 Turkey Sandwich

On Whole Wheat
Lettuce/Tomato/Cheese
4 oz. Baked Potato Chips
Sugar Free Vanilla Cupcake
w/strawberries sweetened with Splenda
Milk/Milk Substitute

1) Taco Casserole

Shredded Lettuce
Diced Tomatoes/Cheese
4 oz. Black Bean Corn Salsa
4 oz. Fresh Fruit Salad
Milk/Milk Substitute

8 Baked Pork Chop

4 oz. Green Beans
4 oz. Baked Sweet Potato
4 oz. Fresh Fruit Salad
Milk/Milk Substitute

15 Chicken Jambalaya

4 oz. Brown Rice
4 oz. Mixed Green Spinach Salad
1 oz. Light Dressing
Banana
Milk/Milk Substitute

22 Breaded Baked Cod

4 oz. Monterey Vegetable Blend
4 oz. Sweet Potato Wedges
4 oz. Mixed Fresh Fruit Salad
Milk/Milk Substitute

29 Macaroni & Cheese

4 oz. Cooked Cabbage
4 oz. Black-eye Peas
4 oz. Cooked Spiced Apples
Milk/Milk Substitute

2) Beef Hotdog w/WW Bun

4 oz. Oven Roasted Red Potatoes
w/Onions & Peppers
4 oz. Tomato Cucumber Salad
Banana
Milk/Milk Substitute

9 Chicken Broccoli Casserole

4 oz. Brown Rice
Tossed Salad
1 oz. Light Dressing
4 oz. Mandarin Oranges
Milk/Milk Substitute

16 Philly Cheesesteak/Hoagie Roll

4 oz. Seasoned Potato Wedges
4 oz. Marinated Cucumber/Tomato Salad
Cubed Cantaloupe
Milk/Milk Substitute

23 Lemon Pepper Chicken Thighs

4 oz. Prince Edward Vegetables
4 oz. Field Peas
4 oz. Pineapple Tidbits
Milk/Milk Substitute

30 Hobo Soup

4 oz. Tossed Salad w/ Spinach
1 oz. Light Dressing
Cornbread/Margarine
4 oz. Banana
Milk/Milk Substitute