

Wood River Senior Center Menu

Call (308) 583-2414 at least 1 day prior to reserve your meal.

August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 Shepherd's Pie Peas Pears Bread Stick Cookies	2 Chicken & Noodles (egg) w/ Gravy Mash Potatoes Carrots Blueberry Buckle	3 Pulled Pork Slider Bun Green Beans Macaroni Salad Watermelon	4 Italian Rice w/ Meatballs Corn Garlic Bread Cinnamon Baked Apples	5 Tofu Tikka Masala (Indian flavored yogurt sauce) Rice Flat Bread Peas, Mangoes
8 Pork Chops Dinner Roll Broccoli Orange Slices	9 Chicken Pot Pie w/ Biscuit Peas & Carrots Fruit Cocktail Pudding Cup	10 Sloppy Joes Hamburger Bun Corn Honey Dew Melon	11 Fish Hush puppies Sliced Peaches Peas & Cheese Salad	12 Italian Baked Chicken Garlic Mash Potatoes Green Beans Dinner Roll Grapes
15 Beef Stroganoff Noodles Cauliflower Fruity Fluff	16 Pork Tamale Pie Refried Beans Spanish Rice, Tortilla Chips Pineapple	17 Chicken Stew w/ Tomatoes, Potato/pepper Rice Tropical Fruit Bread Stick	18 Lasagna Lettuce Salad Peaches Garlic Bread	19 Turkey & Noodles (Spaghetti) Veg. Blend Strawberries Roll
22 Hot Dog Hot Dog Bun Baked Beans Corn on Cob	23 Chicken Adobo w/ Rice Carrots Pears	24 Turkey Dinner Mash Sweet Potato Baked Apples w/ Craisins Roll	25 Herb Roast Pork Loin Stuffing Broccoli Apricot halves Bread Stick	26 Ham Mash Potatoes Green Beans Roll Apple Salad
29 Chicken Bruschetta Pasta Lettuce Salad Mandarin Oranges Garlic Bread	30 Beef Tacos on Flour Tortilla Refried Beans Peaches Chips/Salsa			