

# Lunch Menu

## AUGUST 2024

### TUESDAY

### WEDNESDAY

### THURSDAY

This program receives its funding through participants' contributions, U.S.

Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, and Monroe County Dept. of Human Services/Office for the Aging.



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Chicken Piccata **6**  
Rice  
Spinach  
Wheat Dinner Roll  
Fresh Apple  
Grape Juice

**13**  
Macaroni & Cheese  
Stewed Tomatoes  
Peas  
Whole Wheat Bread  
Tropical Fruit Mix

**20**  
Mexican Chicken  
Rice  
Zucchini  
Pineapples  
Cookie

**27**  
Salisbury Steak w/  
Gravy  
Boiled Potatoes  
Mixed Vegetables  
Melon  
Brownie

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**7**  
Pork Riblet  
Mashed Winter Squash  
Coleslaw  
Bran Muffin  
Petite Banana

**14**  
Meatloaf w/ Gravy  
Mashed Potatoes  
Brussels Sprouts  
Wheat Dinner Roll  
Pears  
Cookie

**21**  
Seafood Salad  
Sandwich on a  
Croissant w/Lettuce &  
Tomato  
Green Beans  
Carrot Raisin Salad  
Fresh Apple

**28**  
Sweet & Sour Pork  
Rice  
Peas  
Wheat Dinner Roll  
Fresh Orange

**1**  
Tuna Pasta Salad  
over Lettuce Leaf &  
Tomato Slice  
Peas  
Chicken Gumbo Soup  
Saltines  
Cookie

**8**  
Broccoli Cheese  
Topped Potato w/Sour  
Cream  
Black Bean & Lentil  
Chili  
Corn Muffin

**15**  
Fish Filet on a Bun  
Lettuce & Tomato  
Succotash  
Cucumber & Onion  
Salad  
Fresh Orange  
Apple Juice

**22**  
Stuffed Pepper  
w/ Sauce  
Boiled Potatoes  
Carrots  
Trail Mix

**29**  
Chicken Breast  
served over  
Spinach & Romaine  
Salad w/ French  
Dressing  
Chicken Gumbo Soup  
Saltines (1 Packet)  
Ice Cream

Gates Recreation & Parks is providing lunches for the members of our community that are 60 years of age or older.

**Lunch is served at 11:30 AM.**

All meals served with milk - soup served with crackers. Lunch must be preordered 10 days ahead of time by calling 429-8289 or by signing up in the Annex or Recreation & Parks office. If you are not pre-registered, lunch will be available on a first come, first serve basis. The suggested contribution for lunch is \$3.50.

*Certified by Jackie Williams, RD - 6/26/2024*

**Concert by the Shore Pub Burger on Bun**

**"No eligible person shall be denied benefits or subjected to discrimination under any program or activity receiving any Federal, State, or County funding. This includes but is not limited to: race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran and/or military status, immigration status, creed, domestic violence victim status, criminal history, gender identity, genetic predisposition or carrier status. This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, and Monroe County Dept. Of HS/Office for the Aging."**