

AUGUST 2018	CONWAY SENIOR WELLNESS & ACTIVITY CENTER MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
		1 Bacon Wrapped Pork Filet Garlic Mashed Potatoes Broccoli w/cheese sauce Roll Peaches & Cream Skim Milk	2 Soft Taco Lettuce, Tomato, Cheese Refried Beans Mandarin Orange/Banana Cookie Skim Milk	3 Chicken Tenders w/Gravy Black Eyed Peas Cabbage Cornbread Apple Cobbler Skim Milk	
6 Tuna Salad Sandwich Macaroni Salad Lettuce/Tomato Apple Crisp Skim Milk	7 Great Northern Beans w/Ham Turnip Greens Cornbread Fresh Orange Cookie Skim Milk	8 Lasagna Garlic Bread Green Beans Fruit Cup Skim Milk	9 Fried Fish Baked Beans Coleslaw Hushpuppies Jello w/Cool Whip Skim Milk	10 Mexican Chicken Italian Vegetables Garlic Bread Strawberry Shortcake Skim Milk	
13 Chicken Fried Steak Mashed Potatoes/Country Gravy California Vegetables Roll Jello Fruit Dessert Skim Milk	14 Beef Stroganoff Tator Tots Whole Kernel Corn Roll Banana Pudding Skim Milk	15 Sliced Ham Au gratin Potatoes Buttered Carrots Roll Pudding Parfait Skim Milk	16 BBQ Chicken Baked Potato Strawberry Spinach Salad Bread Cookie Skim Milk	17 Cheeseburger on Bun Baked Beans Lettuce, Tomato & Onion Ice Cream Skim Milk	
20 BBQ Pork on Bun Potato Salad Ranch Style Beans Chilled Peaches Skim Milk	21 Spaghetti w/Meat Sauce Green Beans Garlic Bread Orange Cake Skim Milk	22 Chef Salad Turkey, Cheese, tomatoes etc Vegetable Soup & Crackers Fruit Cup Cookie Skim Milk	23 Oven Fried Chicken Scalloped Potatoes Blackeye peas Biscuit Sliced Strawberries Skim Milk	24 Glazed Meatloaf Scalloped Potatoes Mixed Vegetables Roll Fresh Fruit Salad Milk	
27 Bacon Wrapped Pork Filet Cheesy Mashed Potatoes Squash Casserole Bread Baked Apples Skim Milk	28 Turkey & Cheese Sandwich Lettuce, Tomato & Chips Fresh Grapes Brownie Skim Milk	29 Roast Beef Mashed Potatoes/ Gravy Mixed Vegetables Roll Fresh Fruit Skim Milk	30 *****Choice***** Liver w/Gravy & Onions or Hamburger Steak w/Onion & Gravy Garlic Mashed Potatoes Mixed Vegetables Roll Pineapple Skim Milk	31 Centers Closed for All Day Staff Training	