



# Lunch menu

## August 2026

| Monday                                                                                                               | Tuesday                                                                                                                        | Wednesday                                                                                                | Thursday                                                                                                            | Friday                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| Chicken fingers <b>3</b><br>w/ honey mustard sauce<br>Sweet potato wedges<br>Collard greens<br>Yogurt<br>Milk        | Baked fish with Old Bay <b>4</b><br>tomato sauce<br>Grits<br>Okra and tomatoes<br>Coleslaw<br>Spiced apples<br>Milk            | Salisbury steak w/gravy <b>5</b><br>Black-eyed peas<br>Scalloped potatoes<br>Fresh fruit<br>Milk         | Chicken with alfredo <b>6</b><br>sauce<br>Carrots<br>Garlic bread<br>Gelatin with fruit<br>Milk                     | Sausage with peppers <b>7</b><br>and onions<br>Lima beans<br>Rice pilaf<br>Baked apples<br>Milk                            |
| Roast beef w/ gravy <b>10</b><br>Mashed potatoes<br>Broccoli<br>Carrots<br>Oatmeal-raisin cookie<br>Milk             | Lasagna w/veggies <b>11</b><br>Steamed broccoli<br>Garlic Bread<br>Fruit crumble with<br>caramel granola<br>Milk               | Tuna salad <b>12</b><br>Crackers<br>California pasta salad<br>Potato salad<br>Fresh fruit<br>Milk        | Barbeque chicken <b>13</b><br>Collard greens<br>Macaroni and cheese<br>Dinner roll<br>Chocolate chip cookie<br>Milk | Baked chicken with <b>14</b><br>mushroom gravy<br>Collard greens<br>Roasted rosemary<br>potatoes<br>Banana pudding<br>Milk |
| Asian orange glazed <b>17</b><br>chicken fritters<br>Stir-fried vegetables<br>Rice<br>Cinnamon-spiced apples<br>Milk | Cheeseburger with <b>18</b><br>lettuce, tomato, and<br>onion<br>Baked beans<br>Mayonnaise and ketchup<br>Peach cobbler<br>Milk | Chicken salad <b>19</b><br>Cucumber salad<br>Veggie pasta salad<br>Crackers<br>Chocolate pudding<br>Milk | Spaghetti w/ meat sauce <b>20</b><br>Whole kernel corn<br>Tossed salad w/dressing<br>Apple crisp<br>Milk            | Lemon pepper fish <b>21</b><br>Mixed vegetables<br>Cole slaw<br>Rice pilaf<br>Spiced pears<br>Milk                         |
| Barbeque pork chops <b>24</b><br>Collard greens<br>Macaroni and cheese<br>Yogurt                                     | Chicken parmesan <b>25</b><br>Green beans<br>Broccoli<br>Pound cake<br>Milk                                                    | Beef stew w/potatoes <b>26</b><br>and carrots<br>Vegetable medley<br>Whole wheat bread                   | Sloppy joe with bun <b>27</b><br>Roasted rosemary                                                                   | Baked chicken with <b>28</b><br>mushroom gravy<br>Collard greens<br>Roasted rosemary<br>potatoes                           |

|                                                                                                                             |  |                       |                                               |                            |
|-----------------------------------------------------------------------------------------------------------------------------|--|-----------------------|-----------------------------------------------|----------------------------|
| Milk                                                                                                                        |  | Spiced apples<br>Milk | potatoes<br>Coleslaw<br>Peach cobbler<br>Milk | Banana pudding<br><br>Milk |
| Lasagna w/veggies<br><br><b>31</b><br><br>Steamed broccoli<br>Garlic Bread<br>Fruit crumble with<br>caramel granola<br>Milk |  |                       |                                               |                            |

\*Menu subject to market availability

(912) 236-0363 | [www.seniorcitizens-inc.org](http://www.seniorcitizens-inc.org) | toll-free (866) 579-2116