

## Cowlitz Senior Nutrition and Activities

**Meals are served in Toledo Monday thru Friday and on Tuesday in Longview at Noon**

# MONTH of August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Grilled cheese & Tomato Soup Fruit	2 BLT on Wheat, Chips, Fruit SACK LUNCH	3 Salmon, Roasted potatoes, Green Beans, Fruit	4
5	6 Taco Salad, Fruit	7 Southwest Chicken Wrap, Chips, Fruit	8 French Dip, French Fries, Green Salad, Fruit	9 Navy Bean Soup, Bread, Green Salad, Fruit	10 Chicken Caesar wrap, Chips, Fruit	11
12	13 Training Conference	14 Training Conference	15 Training Conference	16 Training Conference	17 Training Conference	18
19	20 Tuna melt, Salad, Fruit	21 Baked Ziti, Salad, Bread, Fruit	22 Navy Bean Soup, Bread, Green Salad, Fruit	23 Pic nick to the Mt. St. Helens Leaving @ 10 am	24 Taco Bar, Salad, Fruit	25
26	27 BLT on Wheat, Chips, Fruit	28 Chicken Alfredo, Salad, Fruit	29 Hot Roast Beef Sandwich, Green beans, Fruit	30 Beef Chili Dog, Fruit	31 Liver & Onions, Roasted Potatoes, Salad, Fruit	

MENU SUBJECT TO CHANGE

Please contact Deb 360.864.7006 Or 360.864.7003 by 10:30 am if you're coming to lunch  
Milk, Juice and Bread available by request

