




# August 2015

Calories/carbs are listed after each menu item  
The calorie counts not in parentheses are for the entire meal including Milk, Bread (or Bread alternate) and Margarine.

## AMHERST SENIOR SERVICES

Call 636-3059— 24 hours in advance

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Chicken Cutlet (72/8) Gravy (43/3) Mashed Potatoes (110./17) Carrots, (27/6) Bun (117/21) Oatmeal Cookies(240/32) 844</p>	<p>4</p> <p>Sliced Roast Beef (112/1) Gravy (45/3) Sweet Potato (91/21) Creamed Cabbage (57/12) Lemon Bavarian (126/17) 608</p>	<p>5</p> <p>Hot Dog(228/0) on Bun (133/22) Baked Beans (60/18) Au gratin Potatoes (120/24) Zucchini &amp; Tomatoes (32/7) Ice Cream (137/16) 845</p>	<p>6</p> <p>Penne Pasta (111/22)w Meatballs (250/6) Tomato Sauce (45/9) Italian Bean Medley (37/3) Chef Salad,(10/2) Italian Bread (54/10) Dressing ( 110/2) Orange (62/15) 814</p>	<p>7</p> <p>Beaded Fish Patty(230/15) Macaroni &amp; Cheese (160/16) Coleslaw (109/11) Watermelon (23/6) 804  <u>Alternate Salad</u> Chicken Pesto Salad 701</p>
<p>10</p> <p>Cheese Tortellini (180/32) Parmesan Sauce (186/15) Seasoned Spinach, (32/5)Carrots (27/6) Peach (59/14) 658  <u>Alternate Salad</u> Chicken Salad 714</p>	<p>11</p> <p>Meatloaf/(250/5)Onion Gravy(45/4) Scalloped Potatoes (120/24) Broccoli(26/5) Lorna Doones (150/19) 805</p>	<p>12</p> <p>Polish Sausage(230/2) Sauerkraut (7/2) Seasoned Red Potatoes(67/15) Italian Mixed Vegetables(20/4) Butterscotch Pudding(130/20) 722</p>	<p>13</p> <p>Stuffed Peeper (168)/18 Meat Sauce (67/3) Mashed potato (110/17) Peas(62/11) Banana (105/27) 725</p>	<p>14</p> <p>Boneless Chicken Breast (120/0) Marsala Sauce (30/2) Cauliflower, (17/3)Mixed Veg (45/9) Brown Rice Pilaf (109/23) Chocolate Cake (198/23) 654</p>
<p>17</p> <p>Spaghetti (11/22)&amp; Meatballs (250/6) Country Cottage Vegetables(45/9) Chef Salad(9/2) Dressing(110/2) Ambrosia(97/19) 881</p>	<p>18</p> <p>Boneless Pork Chop(187/6) Gravy(40/3), Stuffing(117/14) Sweet Potato,(91/21) Spiced Apples(130/19) Ice Cream(137/16) 837</p>	<p>19</p> <p>Sliced Turkey Breas(91/2)t Mashed Potato(110/21) Green Beans(19/4) Cranberry Salad(108/25) 575</p>	<p>20</p> <p>Omelet(190/2) w Cheese Sauce (60/4) Seasoned Diced Potatoes(116/12) Carrots (27/6), Cantaloupe (27/7) 683  <u>Alternate Salad</u> Chicken Pasta Salad 712</p>	<p>21</p> <p>Beef Pepper Steak Stir Fry (211/14) Broccoli (26/5), White Rice (121/27) Chef Salad(9/2) Dressing (110/2) Lorna Doones (150/19) 762</p>
<p>24</p> <p>Chicken Drumsticks (386/12) Cheddar Mashed Potatoes(161/21) Lima Bean Bake(138/28) Strawberry Ice Cream (130/15) 1028</p>	<p>25</p> <p>Beef Stroganoff(211/2) Noodles(110/20) Cauliflower (17/3) Carrots (27/6) Plum (35/10) 535</p>	<p>26</p> <p>Veal Parmesan (331/22) Penne Pasta(106/21) Tomato Sauce (45/9) Salad(9/2) Dressing(110./2) Tapioca Pudding(125/22) 887</p>	<p>27</p> <p>Seasoned Chicken Strips (132/5) Corn,(67/16) Beans&amp; Rice (11/19) Grape Juice (76/19) Yellow Cake(137/24) 887</p>	<p>28</p> <p>Vegetable Lasagna(315/32) W Cheese Sauce (124/10) Peas (62/11) Cinnamon Applesauce(84/22) 774  <u>Alternate Salad</u> Tuna Salad 595</p>
<p>31</p> <p>Bnls chicken Breas (120/0)t Seasoned Spinach(32/5) Spanish Rice990/15) Salad(92/2) Dressing (110/20) Chocolate Pudding(100/19) 633</p>	<p>1</p> <p>BBQ (117/28)Pork Ribette(230/8) Seasoned Red Potatoes (67/15) Au Gratin Broccoli (71/8) Oatmeal Peach Crisp (125/27) 915  <u>Alternate Salad</u> 3 Scoop Salad 644</p>	<p>2</p> <p>Rigatoni w Meatballs &amp; Tomato Sauce, (447/36) Salad(9/2) Dressing(110/2) Cauliflower w parsley (17/3) Lemon Bavarian(119/16) 915</p>	<p>3</p> <p>Turkey Breast(91/2) Stuffing,(117/14) Gravy (43/3) Mashed Sweet Potatoes(116/27) Brussels Sprouts (33/6) Cinnamon Streusel (178/30) 713</p>	<p>4</p> <p>Hot Dog(228/0) on Bun(133/22) Baked Beans (60/13), Corn (67/16) Zucchini &amp; Summer Squash(18/4) Chocolate Chip Cookies(171/23) 812</p>