



August 2023

# 4th Street Diner

Linda Lough- (319) 472-4761

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|--|---|---|--|
|                                   | <p>10 Cent Bingo with Keith for On-Site Meal Participants starts at 12:15 pm on August 1st and 15th.</p>   | <p>1<br/>Stuffed Pepper Casserole<br/>Corn<br/>Apricots<br/>Cake<br/>Bread/Milk</p> <p><i>Blood Pressures 11:15-12:15</i><br/><b>10 Cent Bingo</b></p>                                 | <p>2<br/>Savory Chicken Breast<br/>Seasoned Rice<br/>Peas<br/>Pineapple<br/>Chocolate Pudding<br/>Bread/Milk</p>        | <p>3<br/>Sloppy Joe<br/>Bun<br/>Oven Browned Potatoes<br/>Green Beans<br/>Mixed Fruit<br/>Cookie<br/>Milk</p>                                       | <p>4<br/>Crispy Pollack<br/>Sweet Potatoes<br/>Broccoli<br/>Pears<br/>Granola Bar<br/>Bread/Milk</p>   |
| <p>6<br/>Roast Pork<br/>Mashed Potatoes/Gravy<br/>Spinach<br/>Peaches<br/>Cake<br/>Bread/Milk</p>                 | <p>7<br/>Crispy Chicken Patty<br/>Bun<br/>Tri Tator<br/>Green Beans<br/>Applesauce<br/>Cookie<br/>Milk</p>   | <p>8<br/>Lasagna<br/>Garlic bread<br/>Fiesta Salad<br/>Fresh Fruit<br/>Dessert Bar<br/>Milk</p>  | <p>9<br/>Scalloped Ham<br/>&amp; Potatoes<br/>Beets<br/>Mixed Fruit<br/>Fruit Crisp<br/>Bread/Milk</p>                  | <p>10<br/>Meatloaf<br/>Mashed Potatoes/Gravy<br/>Peas<br/>Pears<br/>Bread Pudding<br/>Bread/Milk</p>  | <p>11<br/>Sausage Gravy<br/>Biscuit<br/>Carrots<br/>Fresh Fruit<br/>Pie<br/>Milk</p>   |
| <p>13<br/>Roast Turkey<br/>Mashed Potatoes/Gravy<br/>Green Beans<br/>Mandarin Oranges<br/>Cake<br/>Bread/Milk</p> | <p>14<br/>Chicken Noodle Casserole<br/>Beets<br/>Applesauce<br/>Dessert Bar<br/>Bread/Milk</p>   | <p>15<br/>BBQ Pulled Pork<br/>Bun<br/>Baked Beans<br/>Creamy Pasta Salad<br/>Fresh Fruit<br/>Fruited Jello/Milk</p> <p><i>Blood Pressures 11:15-12:15</i><br/><b>10 Cent Bingo</b></p> | <p>16<br/>Cheesy Bacon Ranch<br/>Chicken<br/>Buttered Noodles<br/>Carrots<br/>Mixed Fruit<br/>Cookie<br/>Bread/Milk</p> | <p>17<br/>Glazed Ham Balls<br/>Sweet Potatoes<br/>Cauliflower<br/>Pineapple<br/>Lime Delight<br/>Bread/Milk</p>                                     | <p>18<br/>Mushroom Steak<br/>Mashed Potatoes/Gravy<br/>Peas<br/>Apricots<br/>Rice Pudding<br/>Bread/Milk</p>   |
| <p>20<br/>Baked Ham<br/>Parslied Potatoes<br/>Green Beans<br/>Pineapple<br/>Cake<br/>Bread/Milk</p>               |  <p><i>All HACAP Offices Closed for Annual Staff Meeting</i></p>               | <p>22<br/>Swedish Meatballs<br/>Baked Potato Half<br/>Carrots<br/>Pears<br/>Cake<br/>Bread/Milk</p>  | <p>23<br/>Ham &amp; Egg Casserole<br/>Tri Tator<br/>Fruit Compote<br/>Pastry<br/>Bread/Milk</p>                         | <p>24<br/>Tuna Salad<br/>Croissant<br/>Lettuce Salad<br/>Tomato Spoon Salad<br/>Fresh Fruit<br/>Cookie<br/>Milk</p> <p><b>Grab Bag Thursday</b></p> | <p>25<br/>Beef Tips<br/>Rice<br/>Broccoli<br/>Peaches<br/>Fruit Crisp<br/>Bread/Milk</p>   |
| <p>27<br/>Chicken Strips<br/>Mashed Potatoes/Gravy<br/>Corn<br/>Mandarin Oranges<br/>Cake<br/>Bread/Milk</p>      | <p>28<br/>Polish Sausage<br/>Bun<br/>Macaroni &amp; Cheese<br/>Sauerkraut<br/>Applesauce<br/>Dessert Bar<br/>Milk</p> <p><i>Fresh Conversations 12:15 pm</i></p> | <p>29<br/>Spaghetti w/Meat Sauce<br/>Garlic Bread<br/>Coleslaw<br/>Fresh Fruit<br/>Cookie<br/>Milk</p>   | <p>30<br/>Chicken A La King<br/>Biscuit<br/>Beets<br/>Peaches<br/>Fruited Jello<br/>Milk</p>                            | <p>31<br/>Stuffed Pork Chop<br/>Party Potatoes<br/>Peas<br/>Pears<br/>Chocolate Pudding<br/>Bread/Milk</p>  | <p>To sign up for an early copy of the menu please send an email to <a href="mailto:llough@hacap.org">llough@hacap.org</a> and write "Menu Request" in the Subject Line.</p> |

\*\*\* All menu items are subject to change if it reduces food costs. \*\*\*