

August 2024

**4th Street Diner**

Linda Lough 319.472.4761

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|  |  |  |   |   |   |
|--|--|--|---|---|---|
| <p>Reservations for on-site and carryout meals can be made up to 3 days in advance of the day you want to eat.</p> |  | <p><b>URGENT REMINDERS!</b></p> <p>Reservations are required for all meals by 10:00 am on the day you want to eat it. This includes on-site, carryout outs, and home delivered meals.</p> <p>One must reserve a meal to participate in any meal site activity.</p> |   | <p>1<br/>Bratwurst<br/>Bun<br/>Baked Beans<br/>Pears<br/>Fruited Jello<br/>Milk</p>                                   | <p>2<br/>Garlic Herb Chicken Breast<br/>Cheesy Quinoa<br/>Stir Fry Vegetables<br/>Tropical Fruit<br/>Vanilla Pudding<br/>Bread/Milk</p> |
| <p>4<br/>Roast Turkey<br/>Mashed Potatoes/Gravy<br/>Green Beans<br/>Pears<br/>Cake<br/>Bread/Milk</p>              | <p>5<br/>Shrimp Alfredo<br/>Buttered Noodles<br/>Peas<br/>Tropical Fruit<br/>Fruit Crisp<br/>Bread/Milk</p>                              | <p>6<br/>Salisbury Steak<br/>Mashed Potatoes/Gravy<br/>Beets<br/>Mandarin Oranges<br/>Dessert Bar<br/>Bread/Milk</p>   | <p>7<br/>Scalloped Ham &amp; Potatoes<br/>Dinner Roll<br/>Carrots<br/>Applesauce<br/>Granola Bar<br/>Milk</p> | <p>8<br/>Tuna Salad<br/>Croissant<br/>Tomato Spoon Salad<br/>Lettuce Salad<br/>Fresh Fruit<br/>Cookie<br/>Milk</p>    | <p>9<br/>Lasagna<br/>Garlic Bread<br/>Green Beans<br/>Peaches<br/>Chocolate Pudding<br/>Milk</p>  |
| <p>11<br/>Baked Ham<br/>Parslied Potatoes<br/>Corn<br/>Pineapple<br/>Cake<br/>Bread/Milk</p>                       | <p>12<br/>Lemon Pepper Tilapia<br/>Seasoned Rice<br/>Broccoli<br/>Tropical Fruit<br/>Lemon Fluff<br/>Bread/Milk</p>                      | <p>13<br/>Crispy Chicken Patty<br/>Bun<br/>Oven Brownd Potatoes<br/>Green Beans<br/>Fresh Fruit<br/>Cookie<br/>Milk</p>  | <p>14<br/>Beef &amp; Noodles<br/>Dinner Roll<br/>Carrots<br/>Applesauce<br/>Fruited Jello<br/>Milk</p>        | <p>15<br/>Stuffed Chicken Breast<br/>Party Potatoes<br/>Beets<br/>Peaches<br/>Dessert Bar<br/>Bread/Milk</p>          | <p>16<br/>Meatloaf<br/>Mashed Potatoes/Gravy<br/>Peas<br/>Pears<br/>Bread Pudding<br/>Bread/Milk</p>                                    |
| <p>18<br/>Roast Pork<br/>Mashed Potatoes/Gravy<br/>Spinach<br/>Mandarin Oranges<br/>Cake<br/>Bread/Milk</p>        | <p>19<br/><b>CLOSED FOR ALL STAFF TRAINING</b></p>   | <p>20<br/>Swedish Meatballs<br/>Baked Potato Half<br/>Carrots<br/>Fresh Fruit<br/>Vanilla Pudding<br/>Bread/Milk</p>   | <p>21<br/>Polish Sausage/Bun<br/>Macaroni &amp; Cheese<br/>Sauerkraut<br/>Applesauce<br/>Brownie<br/>Milk</p> | <p>22<br/>Crispy Pollack<br/>Oven Brownd Potatoes<br/>Corn<br/>Peaches<br/>Cookie<br/>Bread/Milk</p>                  | <p>23<br/>Glazed Ham Balls<br/>Sweet Potatoes<br/>Cauliflower<br/>Pears<br/>Lime Delight<br/>Bread/Milk</p>                             |
| <p>25<br/>Chicken Strips<br/>Mashed Potatoes/Gravy<br/>Green Beans<br/>Pears<br/>Cake<br/>Bread/Milk</p>           | <p>26<br/>Maidrite/Bun<br/>Oven Brownd Potatoes<br/>Broccoli<br/>Peaches<br/>Cookie<br/>Milk</p> <p>Fresh Conversations<br/>12:15 PM</p> | <p>27<br/>Egg &amp; Bacon Bake<br/>Tri Tater<br/>Fruit Compote<br/>Pastry<br/>Bread/Milk</p>   | <p>28<br/>Chicken ala King<br/>Biscuit<br/>Beets<br/>Tropical Fruit<br/>Fruit Crisp<br/>Milk</p>              | <p>29<br/>Spaghetti w/Meat Sauce<br/>Garlic Bread<br/>Kidney Salad<br/>Fresh Fruit<br/>Chocolate Pudding<br/>Milk</p> | <p>30<br/>Fish Filet<br/>Bun<br/>Baked Beans<br/>Carrots<br/>Applesauce<br/>Cookie<br/>Milk</p>   |

Blood Pressure 11:15-12:15  
10 Cent Bingo

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