

July
2008



CAP AGENCY
SENIOR DINING and
MEALS ON WHEELS
A SENIOR SERVICE OF
SCOTT-CARVER-DAKOTA
CAP AGENCY, INC.



FOR YOUR
DINING
PLEASURE

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Have a backbone not a wishbone...</i>	1 Baked Penne Pasta with Ground Beef Marinara Sauce Italian Blend Vegetables Tossed Salad/Ranch Drsng. Breadstick Butterscotch/Vanilla Swirl SR Marinara Sauce RCD Pudding Swirl	2 Dijon Chicken Salad/Grapes Peach Half French Bread Apple Crisp RCD Apple Slices	July 4 th Celebration 3 Jumbo Beef Hotdog on a Bun with Mustard OR: SR Hamburger on a Bun with Ketchup Tri Tators Marinated Vegetable Salad Watermelon	4 <i>HOLIDAY</i> <i>SITE CLOSED</i>
	7	8	9	10
Country Fried Steak Mashed Potatoes with Country Gravy Green Beans 9 Grain Bread Pineapple SR Salisbury Steak with SR Gravy	Baked Ham in Fruit Juice Mashed Sweet Potatoes Green Peas Dinner Roll Frosted Brownie SR Sliced Turkey/Fruit Juice RCD Oreo Cookies	Stuffed Veal Cutlet with Onion Gravy OR: Chicken Patty with Honey Mustard Sauce Baked Potato Sliced Beets Wheat Dinner Roll Rosy Applesauce SR Onion Gravy	Smoked Brat Link on a Bun with Ketchup Baked Beans Potato Salad Apple Pie SR Beef Patty/Bun/Ketchup RCD Apple Slices	Cool Meal Deal 11 Seafood Pasta Salad OR: Turkey Pasta Salad Cucumber and Onion Salad Pineapple Slices French Bread Vanilla Pudding RCD Pudding
14	That's Italian! 15	16	17	18
Beef Pasty with Gravy Spiced Pears Berry Cake with Frosting SR Gravy RCD Unfrosted Cake	Lasagna Roll-ups with Marinara Sauce Green Beans Mandarin Oranges Bread Stick Oatmeal Cookie SR Marinara Sauce	Chicken Stew w/Vegetables Mixed Fruit Biscuit Chocolate Pudding SR Stew RCD Chocolate Pudding	Beef Pot Roast Mashed Potatoes/Gravy Rutabagas White Bread Lemon Bar SR Gravy RCD Teddy Grahams	Salisbury Steak O'Brien Scalloped Potatoes Mixed Vegetables 9 Grain Bread Banana SR Gravy
21	22	23	Joke Day 24	25
Baked Chicken German Potato Salad Corn Rye Bread M & M Cookie SR Mashed Potatoes RCD Shortbread	Healthy Baked Fish with Lemon Juice OR: SR Swiss Steak with Tomatoes Au Gratin Potatoes with Onion and Peppers Broccoli, Wheat Bread Tapioca Pudding RCD Vanilla Pudding	Chicken Florentine Alfredo Italian Vegetables Tossed Salad/Italian Drsng. Potato Dinner Roll Homemade Shortbread Cookie RCD Vanilla Wafers	Meatloaf with Ketchup OR: Beef Riblet w/Ketchup Baked Potato w/Margarine Peas Wheat Bread Peach and Raisin Crisp RCD Peaches	Tator Tot Casserole Pickled Beets Wheat Bread Lemon Meringue Pie SR Tator Tot Casserole RCD Cheesecake
28	29	Birthday Meal 30	31	
Sliced Ham/Fruit Sauce OR: SR Sliced Turkey with Fruit Sauce Baby Red Potatoes Two Tone Beans 9 Grain Bread Cinnamon Apple Slices	Chilled Turkey Orange Pasta Salad Pineapple Rings Peach Half French Bread Blueberry Muffin	Sliced Beef with Gravy Mashed Potatoes/Gravy Winter Blend Vegetables Multi Grain Bread Birthday Cake – Chocolate Cake/Chocolate Frosting SR Gravy RCD Unfrosted Cake	Sweet & Sour Pork OR: Sweet & Sour Chicken Brown Rice Oriental Blend Vegetables Apricots Almond Cookie	

*Reservations must be made two days in advance.

Meals include 1% milk and margarine. Other food options are as noted: SR=salt restricted, RC=restricted calories and RCD=restricted calorie dessert. If you are on a salt restricted diet and/or reduced calorie diet, please inform the site coordinator so the appropriate food can be delivered to you. We use only fresh, light or juice packed fruits; vegetables are served without salt or fat. We are happy to serve you delicious, healthy and nutritious foods. Questions regarding meals or options can be directed to the site coordinator in your community at the numbers listed below. Thank you for dining with CAP Agency Senior Nutrition!

Senior Dining Sites					
Scott County		Carver County		Dakota County	
Belle Plaine	(952) 873-6311 M-F a.m.	Chaska	(952) 448-9303 ext 1132	Apple Valley	(952) 431-1831 M-F a.m.
Jordan	(952) 492-2208 M-F a.m.		(Different Menu)	Burnsville	(612) 669-2911 M-F a.m.
New Prague	(952) 758-2652 M-F a.m.	Chanhassen	(952) 227-1127	Eagan	(612) 669-2912 M-F a.m.
Prior Lake	(952) 447-8895 M-F a.m.	Waconia Legion	(952) 442-5478 M-F MOWS	Farmington	(651) 463-3900 M-F a.m.
Savage	(952) 707-1077 M-F a.m.	Watertown Elim	(952) 955-3793 Different Menu M-F	Hastings	(651) 437-7133 M-F a.m.
Shakopee	(952) 445-9515 M-F a.m.			Inver Grove Hts	(651) 554-1473 M-F a.m.
				Lakeville	(612) 669-2913 M-F a.m.
				Mendota Heights	(651) 905-0257 M-F a.m.
				Rosemount	(612) 669-2910 M-F a.m.

CAP Agency Senior Nutrition is funded through the Federal Older Americans Act by a contract with the Metropolitan Area Agency on Aging, state appropriations, CAP Agency and participant contributions. Your comments are welcome. Program staff can be reached at the Shakopee Office at 952-496-2125 and at the Rosemount Office at 651-322-3500.