

**Chaska
August
Menu
2019**



**CAP AGENCY
CONGREGATE DINING and
HOME DELIVERED MEALS
A SENIOR SERVICE OF
SCOTT-CARVER-DAKOTA
CAP AGENCY, INC.**



**FOR YOUR
DINING
PLEASURE**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Spaghetti with Meat Sauce/Parm Tossed Salad Dressing Mixed Vegetables Garlic Bread Filled Shortbread Cookie	Cracker-Coated Haddock Fillet Tartar Sauce Twice Baked Mashed Potatoes Beets Bread/Butter Mandarin Oranges
5	6	7	8	9
Chicken Breast with Cheese Gravy Rice Pilaf CA Blend Vegetables Bread/Butter Apple	Salisbury Steak/Gravy Bowtie Pasta Glazed Carrots Bread/Butter Pineapple	Cranberry Pork Chop Half Baked Potato Butter/Sour Cream Steamed Asparagus Bread/Butter Tropical Fruit	Roast Beef with Gravy Mashed Potatoes Cascade Blend Veg Bread/Butter Watermelon	Oven Baked Cod Tartar Sauce Cranberry Wild Rice Blend Steamed Peas Bread/Butter Mixed Fruit Cup
12	13	14	15	16
Sweet and Sour Meatballs over Rice Stir Fry Vegetables Bread/butter Sliced Pears Fortune Cookie	Shredded Beef on Bun with BBQ Sauce Macaroni Salad Steamed Corn Orange	Baked Chicken Scalloped Potatoes Glazed Carrots Bread/Butter Applesauce	Brat Pattie on Bun Ketchup/Mustard Mashed Potatoes Sauerkraut Cantaloupe	Salmon Fillet Lemon Garnish Rice Pilaf Coleslaw Bread/Butter Mixed Fruit Cup
19	20	21	22	23
Baked Chicken Drumsticks Sweet Potatoes Steamed Peas Bread/Butter Apple Ring Garnish Tropical Fruit	Hamburger on Bun 2 Tomato Slices Pickles Ketchup/Mustard Potato Salad Grapes	Baked Pork Chop Gravy over Rotini Pasta Red Cabbage Bread/Butter Honeydew	Homemade Meatloaf Parsley Potatoes Whole Green Beans Cole Slaw Bread/Butter Macadamia Cookie	Hot Turkey Sandwich Stuffing Glazed Carrots Cranberry Garnish Bread/Butter Mandarin Oranges
26	27	28	29	30
Swedish Meatballs Egg Noodles/Gravy Steamed Broccoli Bread/Butter Peaches	Baked Chicken Gravy Wild Rice Blend Chuckwagon Corn Pickled Beets Bread/Butter Fruit Salad	Kielbasa German Potato Salad Asparagus Bread/Butter Fresh Fruit Cup	Hot Beef Sandwich Mashed Potatoes Gravy Sunshine Carrots Watermelon	Lasagna Tossed Salad Dressing Cauliflower Garlic Bread Strawberry Ice Cream

Reservations and Cancellations must be made one business day in advance.

Meals include 1% milk and butter. If you are on a reduced sugar 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. Questions regarding meals or options can be directed to the site coordinator in your community at the numbers listed below, Monday through Friday mornings. Thank you for dining with CAP Agency Senior Nutrition!

CHASKA SITE DIRECT PHONE NUMBER: 952-361-5072

Reservations and Cancellations must be made by noon one business day in advance.

Chaska's Senior Service Coordinator is available 8:30 am – 12:30 pm, Monday-Friday.

Needed: Volunteers for CAP Agency Home Delivered Meal Program. If you know someone who may be interested in volunteering, please have them call the number above to learn more.

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 952-402-9855.

