

**Shakopee  
August  
Menu  
2019**



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



**FOR YOUR  
DINING  
PLEASURE**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
			<b>1</b>	<b>2</b>
			Grilled Chicken Sandwich Lettuce/Tomato Slices Dijon Mustard Potato Salad Peaches	Smoked Pork Loin Roasted Sweet Potatoes Peas Whole Wheat Roll Cantaloupe
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Chicken Milanese Fettuccini Asparagus Tossed Salad & Dressing Pears	Shepherd's Pie Vegetable Medley Whole Wheat Roll Applesauce Cherry Strudel Bite	Pulled Pork Sandwich Baked Beans Brussel Sprouts Pineapple Butterscotch Pudding	Garlic Herb Salmon Rice Pilaf Cole Slaw Market Fresh Fruit	Turkey Breast Baked Potato Butter/Sour Cream Corn Multigrain Bread Watermelon
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Beef Pot Roast Mashed Potatoes & Gravy Glazed Carrots Whole Wheat Roll Honeydew Melon	Chicken & Broccoli Fried Rice Mixed Vegetables Mandarin Oranges Fortune Cookie	Herb Roasted Pork Loin Au Gratin Potatoes Peas Pumpnickel Bread Peaches Cookie	Grilled Chicken Breast Wild Rice Asparagus Fruit Cocktail Cheesecake	Hot Ham & Cheese Sandwich Hashbrown Potatoes Tomato Roughy Salad Fresh Fruit
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
BBQ Chicken Corn Bake Cole Slaw Whole Wheat Roll Watermelon	Salisbury Steak Mashed Potatoes Broccoli Multigrain Bread Diced Pears	Chicken Florentine Fettuccini Green Beans Garlic Knot Cantaloupe	Hamburger on Bun Lettuce/Tomato Parmesan Potatoes Zucchini Grapes	Grilled Chicken Caesar Salad Baby Carrots Whole Wheat Roll Honeydew Melon Brownie
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Grilled Pork Chop Rice Pilaf Sautéed Vegetables Fruit Cocktail Oreo Fluff	Lasagna Italian Vegetables Garlic Knot Fresh Fruit	Smoked Turkey Mashed Potatoes & Gravy Brussel Sprouts Whole Wheat Roll Lemon Bar	Sweet & Sour Chicken Steamed Rice Broccoli Pineapple Fortune Cookie	Parmesan Crusted Chicken Red Potatoes Cauliflower Whole Wheat Roll Strawberry Shortcake

Meals include 1% milk. We use only fresh, light or juice packed fruits; vegetables are served without salt or fat. Thank you for dining with CAP Agency Senior Nutrition!

**PHONE NUMBER: 952-402-9814**

**Reservations and Cancellations must be made two business days in advance.**

**Best time to reach the Shakopee Senior Service Coordinator is 2-5 pm. Voicemail or text messages can be left at any time.**

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.