

**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
			<b>1</b>	<b>2</b>
			Chicken Caesar Salad Parmesan Cheese Croutons Caesar Dressing Honey Cornbread/Butter Mandarin Oranges Brownie	Beef Meatloaf w./ Ketchup Glaze Mashed Potatoes & Gravy Green Beans Multigrain Bread/Butter Diced Peaches
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Chicken Wild Rice Casserole Honey Glazed Carrots WW Dinner Roll/Butter Sliced Pears Snickerdoodle Cookie	Swedish Meatballs Buttered Noodles/Gravy Green Beans Breadstick/Butter Tropical Fruit Mix Cherry Strudel Bites	Turkey Corn Dog Ketchup/Mustard Jo Jo Potatoes Apple Slices Tapioca Pudding	Sloppy Joe on WW Bun Spinach Salad Croutons Balsamic Dressing Mandarin Oranges Toffee Cookie	Chicken Parmesan WW Penne Pasta with Marinara Sauce CA Blend Vegetables Diced Peaches Carrot Cake w./ Cream Cheese Icing <b>RCD: No Icing</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Salisbury Steak Mushroom Gravy Scalloped Potatoes Peas and Pearl Onions Rye Bread/Butter Mandarin Oranges White Cake w./ chocolate Icing <b>RCD: No Icing</b>	Lemon Pepper Roasted Chicken Roasted Red Potato Wedges German Blend Vegetables WW Dinner Roll/Butter Diced Pears Butterscotch Pudding	Country Fried Steak Mashed Potatoes Country Gravy Peas and Carrots Hawaiian Bread/Butter Applesauce	Grilled Chicken Cutlet on Whole Wheat Bun Honey Mustard Leaf lettuce/Tomato slice Potato Salad Cantaloupe Blueberry Strudel Bites	Beef Lasagna Corn Garlic Bread/Butter Fruit Cocktail Strawberry Fluff
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
BBQ Pork on Bun <b>OR: BBQ Chicken</b> BBQ Sauce Baked Beans Carrots Sliced Pears Spice Cake w./ Cream Cheese Icing <b>RCD: No Icing</b>	Grilled Chicken & Broccoli Stir Fry Rice/Soy Sauce Green Beans French Bread/Butter Mandarin Oranges Fortune Cookie	Beef Cabbage Roll Au Gratin Potatoes 5 Way Blend Vegetables Rye Bread/Butter Apple Slices	All Beef Hot Dog on a Bun Ketchup/Mustard Tater Tots Creamy Coleslaw Watermelon	Baked Fish with Panko Parmesan Topping <b>OR: Chicken Parmesan with Marinara Sauce</b> Rice Pilaf Broccoli Multigrain Bread/Butter Tropical Fruit
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Grilled Sweet & Sour Chicken Vegetable Fried Rice Carrots Breadstick/Butter Honeydew	BBQ Beef Riblet On a WG Hoagie Roll BBQ Sauce Green Beans Fruit Cocktail Apple Cinnamon Cookie	Beef Pot Roast Mashed Potatoes & Gravy Corn WW Dinner Roll/Butter Chocolate Cake with White Icing & Sprinkles <b>RCD: No Icing</b>	Chef Salad Romaine Blend Lettuce Diced Turkey, Egg, Shredded Cheese, Grape Tomatoes, Croutons, and Ranch Dressing Mandarin Oranges French Bread/Butter Oatmeal Raisin Cookie	Roast Turkey Mashed Potatoes & Gravy Carrots Breadstick/Butter Peach Slices Orange Jell o with Mandarin Oranges

**Reservations and Cancellations must be made three days in advance.**

Meals include 1% milk and butter. RCD=restricted calorie dessert. If you are on a 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. 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!

**SENIOR NUTRITION SITES**

SCOTT COUNTY		CARVER COUNTY		DAKOTA COUNTY	
Belle Plaine	952-873-6311	Chaska (Different Menu)	952-361-5072	Apple Valley	952-431-1831
Jordan	952-492-2208	Chanhassen	952-227-1127	Eagan	612-669-2912
New Prague	952-758-2652	Waconia-HDM Only	952-442-5478	Farmington-HDM Only	612-940-9590
Prior Lake	952-447-8895			Hastings	651-437-7133
Shakopee-HDM Only	952-402-9814			Inver Grove Heights & So St. Paul	651-554-1473
(Different Menu)				Lakeville	612-669-2913
				Mendota Heights	651-905-0257
				Rosemount	612-669-2910

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.