


August 2025

Bay Count Department on Aging

HDM/Congregate Menu

				<b>(1) SWEET AND SOUR PORK (22)</b> Steamed Brown Rice (16) Brussel Sprouts (7) Grapes (13) Whole Wheat Bread (10)
<b>(4) CHICKEN &amp; PASTA ALFREDO (21)</b> Broccoli Florets (4) Fruit Cocktail (17)	<b>(5) SLOPPY JOES (8) ON A WHOLE WHEAT BUN (25)</b> Oven-Baked Potato (33) Winter Blend Vegetables (5) Apple (21)	<b>(6) HONEY MUSTARD PORK CHOP (12)</b> Cheesy Mashed Potatoes (14) Venetian Blend Veggies (6) Pineapple Chunks (18)	<b>(7) CHICKEN LASAGNA (23)</b> Venetian Blend Veggies (6) Corn Muffin (21) Pistachio Fruit Dessert (29)	<b>(8) SCRAMBLED EGGS (3)</b> Turkey Links (1) Seasoned Cubed Potatoes (18) Apple Slices (7) Orange Juice (13)
<b>(11) ITALIAN SPAGHETTI SAUCE (8)</b> Al Dente Spaghetti (20) Spinach (5) Pear (23)	<b>(12) CHICKEN BREAST W/ TARRAGON GRAVY (4)</b> Steamed Brown Rice (17) Colorful Peas and Carrots (9) Tropical Fruit Salad (21)	<b>(13) SWEET AND SASSY MEATBALLS (52)</b> Diced Redskin Potatoes w/onion (13) Green Beans (5) Apricots (15)	<b>(14) TENDER BEEF TIPS (8)</b> Buttered Noodles (13) Glazed Carrots (10) Gelatin Cup (5) Orange Juice (13)	<b>(15) CHICKEN FINGERS (39)</b> Baked Potato (24) Garden Green Peas (11) Chocolate Pudding (25)
<b>(18) BAKED CHICKEN BREAST (1)</b> Spring Rolls (14) Cauliflower (4) Apple (29)	<b>(19) CLASSIC CHEESEBURGER (0)</b> ON A WHOLE WHEAT BUN (25) Tator Tots (15) Broccoli (4) Ranger Cookie (25)	<b>(20) SAUERKRAUT AND POLISH SAUSAGE (23)</b> California Blend Veggies (4) Whole Wheat Dinner Roll (23) Peach (16)	<b>(21) BAKED TURKEY (3)</b> Mashed Potatoes (17) w/Turkey Gravy (2) Green Beans (5) Applesauce (23)	<b>(22) ALMOND MANDARIN SALAD (37)</b> Strawberry Pineapple Jello (26)
<b>(25) BREADED COD (14)</b> Cheesy Mashed Potatoes (14) Mixed Veggies (11) Mandarin oranges & pineapple chunks (20)	<b>(26) ASIAN CHICKEN (30)</b> Steamed Brown Rice Spring Rolls (14) Chunky Applesauce (22)	<b>(27) ITALIAN STEAK SANDWICH (4)</b> Whole Wheat Hamburger Bun (25) Home Fries (15) Green & Yellow Beans (6) Cranberry Juice (17)	<b>(28) MARINATED CHICKEN BREAST (1)</b> Baked Potato (18) Broccoli Florets (4) Banana Pudding (25)	<b>(29) HOT DOG (1) WITH CONEY SAUCE (6)</b> On a Whole Wheat Bun (19) Tater Tots (17) Peas & Pearl Onions (12) Pear (23)

All Meals at the Activity Centers served with Fat-Free Milk (13)

Menu is subject to change without notice.

Number next to the menu item indicates carbohydrate count.

Be advised menu items may contain nuts.

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