

Greater Wakefield Resource Center

DINE IN 11:45 TO 12:00	<h2 style="margin: 0;"><u>MENU AUGUST 2024</u></h2>					PICK UP 12:00 TO 12:15
Donations are needed to support this program!	If possible, please call before 10:00 AM to reserve your meal: 603 473-8324					
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 BINGO STARTS AT 10:00 Chicken Salad Sub Tossed Salad Macaroni Salad Dessert		
Milk and Fresh Fruit is offered with every meal to all our customers.	5 BINGO STARTS AT 12:45 DOUBLE DOG DAY 2 Hot Dogs with Baked Beans Cole Slaw Grilled Rolls Dessert	6	7 Spaghetti and Meatballs Individual Salad Garlic Bread Dessert	8 BINGO STARTS AT 10:00 Stuffed Chicken Breast Vegetable Rice Pilaf Green Beans Dessert	7	CHANGES SOMETIMES HAVE TO BE MADE. THANK YOU FOR YOUR UNDERSTANDING
	12 BINGO STARTS AT 12:45 Baked Stuffed Sole Stuffed with Crabmeat Topped with Cream Sauce Baked Sweet Potatoes Vegetable Dessert	13	14 Mac and Cheese with Ham Broccoli Slaw Cornbread Dessert	15 BINGO STARTS AT 10:00 Grilled Turkey Sandwich With Stuffing and Cranberry Mayo Sauce Individual Salad Dessert	14	
	19 BINGO STARTS AT 12:45 Grilled Ham & Cheese Gazpacho (tomato, vegetable soup) Dessert	20	21 Meatloaf Mashed Potatoes Gravy Peas & Carrots Dinner Roll Dessert	22 BINGO STARTS AT 10:00 Baked Ziti with Sausage Individual Salad Garlic Bread Dessert	21	REMEMBER Daily healthy eating includes
	26 BINGO STARTS AT 12:45 Roast Pork Black Beans and Rice Tossed Salad Dessert	27	28 Grilled BBQ Chicken Sandwich Chips With Lettuce & Tomato Cole Slaw Dessert	29 BINGO STARTS AT 10:00 Shepherd's Pie Individual Salad Dessert	28	GRAINS: 6 servings PROTEIN: 6 ounces DAIRY: 2 to 3 cups VEGGIES: 2.5 cups FRUIT 2 cups Limit foods high in sugar & fat

