



AUGUST 2020 HDM MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/ SAUSAGE GRAVY/BISCUIT CUBED POTATOES SCANDINAVIAN VEGGIE APPLE/MILK	4/ CABBAGE ROLLS W/SAUCE WG DINNER ROLL/CORN NANTUCKET VEGGIE ORANGE/MILK	5/ REHEAT FROZEN MEAL TO 165°	6/ BREADED FISH/WG BUN COLESLAW/GREEN BEANS SPICED PEARS/MILK	7/ COLD MEAL DELIVERED THURSDAY
10/ SALISBURY STEAK/WG ROLL MASHED POTATOES CARIBBEAN VEGGIE APRICOTS/MILK	11/ BACON/EGG CASSEROLE WG MUFFIN CALIFORNIA VEGGIE SPICED PEACHES/MILK	12/ REHEAT FROZEN MEAL TO 165°	13/ BBQ CHICKEN/WG BUN BRUSSEL SPROUTS BAKED BEANS/APPLE/MILK	14/ COLD MEAL DELIVERED THURSDAY
17/ HAMBURGER/CHEESE/BUN MIXED VEGGIES/CUBED POT APPLESAUCE/MILK	18/ MAC & CHEESE/WG ROLL PEAS/NORTHWEST VEGGIE BLUEBERRIES/MILK	19/ REHEAT FROZEN MEAL TO 165°	20/ SWEET N SOUR CHICKEN WG BREADSTICK/LIMA BEAN ASIAN VEGGIE/APPLE/MILK	21/ COLD MEAL DELIVERED THURSDAY
24/ CHILLI/WG CORNBREAD KEY WEST VEGGIES SPICED APPLES/MILK	25/ SWEDISH MEATBALLS/RICE WG ROLL/RIVIERA VEGGIE CAULIFLOWER/ORANGE MILK	26/ REHEAT FROZEN MEAL TO 165°	27/ BAKED ZITI/SPINACH WG BREADSTICK/PEARS SICILIAN VEGGIE/MILK	28/ COLD MEAL DELIVERED THURSDAY
31/ CHICKEN PATTY/WG BUN WINTER VEGGIES PEAS & CARROTS/PEAR MILK				

All meals are served with 1% milk and margarine unless otherwise noted. For more information call (517) 279-8249 or 1-877-422-2726 or visit our website at www.caascsm.org **Funded by Area Agency on Aging Region 3B and III-C, Calhoun County Senior Millage, United Way of Greater Battle Creek, Branch County Community Foundation, Branch County United Way, and your generous donations. In accordance with Federal law (Civil Rights Act of 1964) and U.S. Department of Agriculture policy: This institution is prohibited from discriminating on the basis of race, color, religion, national origin, age, sex, sexual orientation, weight, height, marital status, political beliefs or disability. To file a complaint of discrimination, contact: Area Agency on Aging Region 3B, Michigan Offices of Services to the Aging, US Department of Health and Human Services, Michigan Department of Civil Rights, or write USDA, Director, Office of Civil Rights, 1400 Independence Ave S.W., Washington, D.C. 20250-941 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY).

*******MENU SUBJECT TO CHANGE*******

CABBAGE

Cabbage Nutrition Facts

Serving Size 1 cup, chopped raw (89 g)

Per Serving	% Daily Value*
Calories 22	
Calories from Fat 1	
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 16mg	1%
Potassium 151.3mg	4%
Carbohydrates 5.2g	2%
Dietary Fiber 2.2g	9%
Sugars 2.8g	
Protein 1.1g	
Vitamin A 2% · Vitamin C 54%	
Calcium 4% · Iron 2%	

**Based on a [2,000 calorie diet](#)*



HEALING CABBAGE SOUP

Ingredients:

3 tablespoons olive oil
1/2 onion, chopped
2 cloves garlic, chopped
2 quarts water
4 teaspoons chicken bouillon granules

1 teaspoon salt, or to taste
1/2 teaspoon black pepper, or to taste
1/2 head cabbage, cored and coarsely chopped
1 (14.5 ounce) can Italian-style stewed tomatoes, drained and diced

Directions-In a large stockpot, heat olive oil over medium heat. Stir in onion and garlic; cook until onion is transparent, about 5 minutes.

Stir in water, bouillon, salt, and pepper. Bring to a boil, then stir in cabbage. Simmer until cabbage wilts, about 10 minutes. Stir in tomatoes. Return to a boil, then simmer 15 to 30 minutes, stirring often.

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