





Meals are served 12:00-12:30 PM

Menus are subject to change due to availability

August Menu 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Fajitas Green, yellow, and red peppers Garden Salad Spanish Rice (20 gm) Tortilla shell (12 gm) Diced Peaches (15 gm)
4 Low sodium Ham Slice Creamy Scalloped Potatoes (20 gm) Seasoned Green Beans WG Dinner Roll (10 gm) Fresh Fruit (15 gm)	5 Navy Bean Soup (5gm) Ham & Swiss WG bun (22 gm) Coleslaw (3 gm) Diced Peaches (15 gm) Crackers (8 gm)	6 Sliced Oven Roasted Beef Baked Potato (15 gm) Stewed Tomatoes WG Dinner Roll (10 gm) Applesauce (15 gm)	7 Creamy Swedish Meatballs Noodles (20 gm) Herb seasoned Broccoli Raw vegetables WG Dinner Roll (10 gm) SF Fruit Gelatin (10 gm)	8 Chicken Booyah (7 gm) WG biscuit (27 gm) Chef Salad Fresh Fruit (15 gm)
11 Oneida Beef Taco WG Tortilla shell (14 gm) Lettuce, tomato, cheese Refried Beans (16 gm) Spanish Rice (12 gm) Applesauce (15 gm)	12 Homemade Meat Sauce from Oneida Beef & Bison Spaghetti noodles (15 gm) Mixed Vegetables (10 gm) Raw vegetables WG Breadstick (10 gm) Fresh Fruit (15 gm)	13 Tuna Salad (5 gm) WG Dinner Roll (10 gm) Cucumber Salad Diced Peaches (15 gm) SF Pudding (15 gm)	14 Beef Stew (<i>beef tips with potatoes, vegetables, and gravy</i>) (8 gm) Mashed Potatoes (15 gm) Herb Seasoned Carrots WG Dinner Roll (10 gm) Fruit Cocktail (15 gm)	15 Marinated Chicken Breast Roasted Red Potato (15 gm) Seasoned Cauliflower WG Dinner Roll (10 gm) Cole slaw (3 gm) Fresh Fruit (15 gram)
18 Mushroom Swiss Hamburger Whole Wheat Bun (22 gm) Baked Beans (20 gm) Seasoned Brussel Sprouts Applesauce (15 gm)	19 Chicken Dumpling Soup (10 gm) Turkey & Cheddar cheese on Whole grain bun (22 gm) Garden Salad Fresh Fruit (15 gm) Oyster Crackers (8 gm)	20 Oven Roasted Turkey Mashed Potatoes (15 gm) Squash (15 gm) WG Dinner Roll (10 gm) Mandarin Oranges (15 gm)	21 Stroganoff Beef Tips WG noodles (20 gm) Herb seasoned Broccoli Pickled Beets Diced Pears (15 gm) WG Dinner Roll (10 gm)	22 Chicken Apple Walnut Salad (8 gm) WG Dinner roll (10 gm) Frozen Fruit Slushie (15 gm) Tomato juice (8 gm) Fresh Fruit (15 gram)
25 Homemade Chicken Pot Pie chicken, mixed vegetables, diced potatoes (8 gm) WG Biscuit (27 gm) Seasoned Carrots Applesauce (15 gm) Raw vegetables	26 Homemade Meatloaf from Oneida Beef Cheesy Potatoes (15 gm) Herb Seasoned Green Beans WG Dinner Roll (10 gm) Fresh Fruit (15 gm)	27 Sloppy Joes made with Oneida Beef & Bison WG Bun (22 gm) Herb Seasoned Corn (15 gm) Creamy Sliced Cucumbers SF Fruit Gelatin (10 gm)	28 Italian Sausage w/sauerkraut Boiled Potatoes (15 gm) Herb-spiced broccoli, cauliflower, and carrots Mandarin Oranges (15 gm) WG Dinner Roll (10 gm)	29 Scrambled eggs, Sausage links Hashbrown patty (15 gm) WG Cereal (21 gm) Fresh Fruit (15 gm) Tomato juice (5 gm)

- **Choice of low-fat milk (11 gm) or Lactose-free milk (13 gm) for each meal**
- **Call Oneida Aging & Disability (920) 869- 2448 Monday- Friday 8:00 AM- 4:00 PM to reserve your meal**

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August 2025 Take a NOURISH Step (Information provided by www.gwaar.org/nourishstep)

UNDERSTAND

Nutrient Concerns for Older Adults

Vitamin D: this helps calcium to maintain strong bones. With each decade as we get older, we can synthesize less vitamin D from sun exposure. This is why nutrient dense foods are important such as fatty fish, egg yolks, fortified milks, and fortified cereals



Calcium: (Ca) helps with bone structure and strength but works in lots of cells in our bodies. When we do not consume enough calcium, our bodies break down bone to release calcium. High sources of calcium foods: dairy products, fortified dairy substitutes, leafy greens, tofu, beans, and nuts.

Vitamin B12: essential for brain function, red blood cell formation, and producing energy. Ability to absorb decreases with age. High sources of B12: meat, fish, eggs, and dairy



Magnesium: helps with muscle, bone, and brain health. Plays a role in sleep quality. Age related changes in the digestion system and certain drugs may inhibit absorption. High sources of Magnesium: whole grains, leafy greens, legumes, and nuts/seeds

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