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

- Choice of low-fat milk (11 gm) or Lactose-free milk (13 gm) for each meal
- Call Oneida Aging & Disability (920) 869- 2448

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



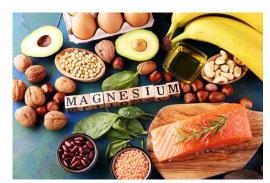


Calcium: (Ca) helps with bone structure and strength but works in lots of cells in our bodies. When we do not consume enough calcium, our bodies breaks down bone to release calcium. High sources of calcium foods: dairy products, fortified dairy substitutes, leafy greens, tofu, beans, and nuts.

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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- Call Oneida Aging & Disability (920) 869- 2448 Monday- Friday 8:00 AM- 4:00 PM to reserve your meal