

August 2026

Meal Calendar

Dexter Senior Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheesy Broccoli Rice Soup WW Roll Side Salad/Broccoli Applesauce Alternate Selection: Roast Beef Sandwich	4 Mediterranean Chicken Rice/WW Bread Garden Vegetables Papaya/Mango Alternate Selection: Turkey Barley Soup	5 BBQ Chicken Breast Brown Rice/WW Bread Broccoli/Cauliflower Tomato/Cuc Salad Alternate Selection: Tuna Salad Sandwich	6 Meatloaf Mashed Potatoes Mixed Vegetables Mixed Fruit/WW Bread Alternate Selection: Chili	7 Meaty Ragu WW Bread Green Beans Strawberry Applesauce Alternate Selection: Chicken Sandwich
10 Meatballs Brown Rice/WW Bread Cauliflower Papaya/Mango Alternate Selection: Egg Salad Sandwich	11 Roasted Turkey Mashed Potatoes Broc/Cauli/Carrot Blend Trop Fruit Salad/Bread Alternate Selection: Turkey Sandwich	12 Oven Roasted Tilapia Citrus Lentil Rice Broccoli/WW Bread Mandarin Oranges Alternate Selection: Chicken Chili	13 Chicken Parmesan Green Beans Wheat Bread Apple Alternate Selection: Chicken Noodle Soup	14 Black Bean Burger Brown Lentils Mixed Veggies Pineapple/WW Bun Alternate Selection: Chicken Salad Sand
17 Cheesy Squash Bake Broccoli Butternut Squash Wheat Bread/Apple Alternate Selection: Chili	18 Chicken Lentil Soup WW Roll/Crackers Side Salad/Pineapple Veggies in Soup Alternate Selection: Roast Beef Sandwich	19 Dijon Salmon Seasoned Black Beans WW Bread/Veggie Blend Peaches Alternate Selection: Tuna Salad Sandwich	20 Tuna Noodle Casserole Malibu Blend Veggies Papaya and Mango WW Bread/FF Dressing Alternate Selection: Turkey Barley Soup	21 Beef Goulash WW Bread California Blend Orange Alternate Selection: Chicken Sandwich
24 Turkey Barley Soup Wheat Bread Side Garden Salad Papaya and Mango Alternate Selection: Egg Salad Sandwich	25 Roasted Chicken Thigh WW Roll/Crackers Mashed Potatoes Green Beans/Pears Alternate Selection: Chicken Chili	26 Beef Chili WW Bread/Crackers Cherry Tomatoes Orange/FF Dressing Alternate Selection: Turkey Sandwich	27 Chicken Tenders WW Roll Green Beans Quinoa/Peaches Alternate Selection: Chicken Noodle Soup	28 Quinoa Corn Cake Tofu Sauce/WW Bread Mixed Veggies Trop Fruit Salad Alternate Selection: Chicken Sandwich
31 Cheesy Broccoli Rice Soup Side Salad/WW Roll Broccoli Applesauce Alternate Selection: Roast Beef Sandwich		Note 1: Low fat milk and margarine are included in every regular meal (those in black print).	Note 2: Sides, such as salad and/or fruit are included with alternate meals (those in red print).	