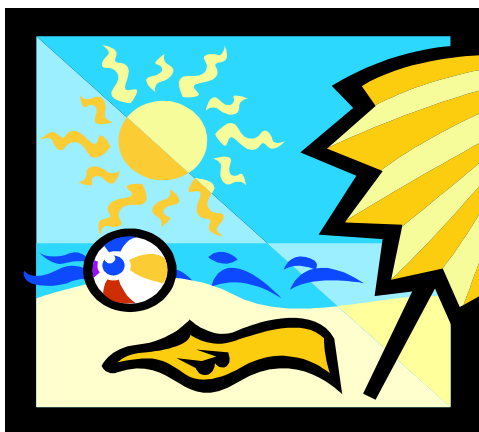


August 2008
PENINSULA VOLUNTEERS

MEALS
ON WHEELS

ALL MENUS ARE SUBJECT TO CHANGE
More Food Safety

Keeping food safe while being stored in the refrigerator is important. A small refrigerator thermometer is a handy way to monitor the temperature. A temperature of less than 41 degrees F is the proper storage temperature. Most refrigerators can be adjusted if the temperature is too warm.



Partial funding given by Aging and Adult Services of San Mateo County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 To all of you celebrating a birthday in August!				Cole Slaw (1 cup) BBQ Chicken Black Beans Corn Bread Orange 1
Beef Stew/Veggies Mashed Potatoes Cabbage & Carrots Whole Wheat Bread Chocolate Pudding (SF-Sugar Free Pudding) 4	Oriental Pea salad Oriental Shoyu Chicken Rice Bok Choy Apple Sauce 5	Macaroni & Cheese Stewed Tomatoes Green Peas Whole Wheat Bread Orange 6	Spinach Romaine Salad Seafood Au Gratin Brown Rice Broccoli Oatmeal Raisin Cookie (SF-Sugar Free Cookie) 7	Orange Glazed Chicken Whipped Potato Peas & Carrots Whole Wheat Bread Apple 8
Three Bean Salad Vegetable Lasagna Broccoli Roll Cookie (SF-Sugar Free Cookie) 11	Carrot Pineapple Salad Sesame Pepper Pork Steamed Rice Green Beans & Red Pepper Banana 12	Honey Mustard Chicken Whipped Potato Peas & Carrots Whole Wheat Bread Chilled Peaches 13	Lettuce/Tomato Hamburger/Bun Baked Beans Tatar Tots Orange 14	Spinach Orange Salad Baked Fish Vera Cruz Brown Rice Mixed Vegetables Fruit Crisp (SF-Sugar Free Cookie) 15
Chicken and Dumpling Peas & Carrots Spinach Chilled Pears 18	Roast Beef Boiled Potatoes Broccoli & Cauliflower Whole Wheat Bread Banana 19	Coleslaw Ziti and Meat sauce Zucchini Garlic Bread Chocolate Pudding (SF-Sugar Free Pudding) 20	Tomato/Cuke/Salad Tarragon Chicken Brown Rice Mixed Vegetables Apple 21	Ham/ Scalloped Potato Cass. Carrots Lima Beans Whole Wheat Bread Orange 22
Oriental Pea Salad BBQ Pork Loin Fried Rice Green Beans Pineapple Tidbits 25	Beef Lasagna Zucchini Cauliflower Whole Wheat Bread Banana 26	Beets over Greens Salad Sweet/ Sour Peppered Chk. Steamed Rice Broccoli Cuts Lemon Cake (SF-Sugar Free Cake) 27	Melon Salad Tuna Noodle Casserole Scalloped Tomatoes Roll Pear 28	BBQ Meat Loaf Collard Greens Chuck Wagon Corn Bun Orange and Apple Double Meal

Sima Dahi Director (650) 323-2022

*All meals served with 1% milk