

Meal Site Menu

August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Do you or your loved ones have Medicare? SHIP can help if you have questions. 1-855- 408-1212 or 410-1135</p>	<p>1 Pork Ribblet, BBQ Sauce, Green Peas, Whipped Sweet Potatoes, Hamburger Bun, Apple, Pickle Slices, Milk</p>	<p>2 Smothered Chicken, Mushroom Gravy, Rice, Fruit Punch, Capri Blend Vegetables, Whole Wheat Bread, Margarine, Milk</p>	<p>3 Turkey Salad, Macaroni Salad, Spinach & Tomato Salad, Lettuce, Captain's Wafers, Peanut Butter Cookie, Salad Dressing, Milk</p>	<p>4 Swiss Style Beef Patty, Mashed Potatoes, Succotash, Orange Tangerine Juice, White Dinner Roll, Margarine, Milk</p>
<p>7 Waikiki Chicken, Rice Pilaf, Country Cottage Blend Vegetables, Orange, Whole Wheat Roll, Birthday Cake, Milk</p>	<p>8 Ziti w/Meat sauce, Oriental Blend Vegetables, Spiced Apple Slices, Texas Toast, Milk</p>	<p>9 Egg Salad, Potato Salad, Marinated Broccoli Salad, Whole Wheat Bread, Cranberry Juice ,Milk</p>	<p>10 Hamburger, American Cheese, Carrots, Lettuce & Pickles, Hamburger Bun, Peach Cobbler, Ketchup, Milk</p>	<p>11 Roast Pork, Peach Ginger Sauce, Scalloped Potatoes, Green Peas, Cantaloupe, Whole Wheat Roll, Margarine, Milk</p>
<p>14 Beef Patty, Pepper & Onion Gravy, Seasoned Collard Greens, Black-eyed Peas, White Dinner Roll, Pineapple Tidbits, Margarine, Milk</p>	<p>15 Chicken Milano, Italian Squash, Carrots, Rocky Road Pudding, Rye Dip, Milk</p>	<p>16 Italian Sandwich, Cantaloupe, Lettuce & Tomato, Hoagie Bun, Apple Cinnamon Bar, Milk</p>	<p>17 BBQ Pulled Pork, Baked Beans, Confetti Cole Slaw, Hamburger Bun, Milk</p>	<p>18 Spaghetti w/Meat Sauce, Broccoli, Escalloped Apples, Whole Wheat Bread, Blueberry Cake, Milk</p>
<p>21 Sliced Ham, Pinto Beans, Steamed Spinach, Rye Bread, Juice, Oatmeal Raisin Cookie, Margarine, Milk</p>	<p>22 Hot Dog w/Chili, Carrot Raisin Salad, Ranch Beans, Hot Dog Bun, Mandarin Oranges, Milk</p>	<p>23 Bourbon Chicken Salad, Macaroni Salad, Juice, Tossed Salad, Captain's Wafers, Tropical Mixed Fruit, Ranch Dressing, Milk</p>	<p>24 A-1 Chopped Steak, Brown Gravy, Mashed Potatoes, Mixed Vegetables, White Dinner Roll, Banana, Milk</p>	<p>25 Sausage w/onions& peppers, Scalloped Potatoes, Southern Green Beans, Applesauce, Hot Dog Bun, Mustard, Milk</p>
<p>28 Beef Macaroni w/Tomato, Seasoned Turnip Greens, Grape Juice, Texas Toast, LD Star Crunch, Milk</p>	<p>29 Pork Ribblet, BBQ Sauce, Green Peas, Whipped Sweet Potatoes, Hamburger Bun, Apple, Pickle Slices, Milk</p>	<p>30 Smothered Chicken, Mushroom Gravy, Rice, Fruit Punch, Capri Blend Vegetables, Whole Wheat Bread, Margarine, Milk</p>	<p>31 Turkey Salad, Macaroni Salad, Spinach & Tomato Salad, Lettuce, Captain's Wafers, Peanut Butter Cookie, Salad Dressing, Milk</p>	<p>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the senior centers.</p>

East Rockingham Meal Site

135 Safie 6th Street, Rockingham, NC 28379
910-997-8225

August 2017

<p>Do you or your loved ones have Medicare? SHIP can help if you have questions. 1-855- 408-1212 or 410-1135</p>	<p>1 Pork Ribblett, BBQ Sauce, Green Peas, Whipped Sweet Potatoes, Hamburger Bun, Apple, Pickle Slices, Milk</p>	<p>2 Smothered Chicken, Mushroom Gravy, Rice, Fruit Punch, Capri Blend Vegetables, Whole Wheat Bread, Margarine, Milk</p>	<p>3 Turkey Salad, Spinach & Tomato Salad, Macaroni Salad, Lettuce, Captain's Wafers, Peanut Butter Cookie, Salad Dressing, Milk</p>	<p>4 Swiss Style Beef Patty, Mashed Potatoes, Succotash, Orange Tangerine Juice, White Dinner Roll, Margarine, Milk</p>
<p>7 Waikiki Chicken, Rice Pilaf, Country Cottage Blend Vegetables, Orange, Whole Wheat Roll, Birthday Cake, Milk</p>	<p>8 CLOSED</p>	<p>9 Egg Salad, Potato Salad, Marinated Broccoli Salad, Whole Wheat Bread, Cranberry Juice, Milk</p>	<p>10 Hamburger , American Cheese, Carrots, Lettuce & Pickles, Hamburger Bun, Peach Cobbler, Ketchup, Milk</p>	<p>11 Roast Pork, Peach Ginger Sauce, Scalloped Potatoes, Green Peas, Cantaloupe, Whole Wheat Bread, Margarine, Milk</p>
<p>14 Beef Patty, Pepper & Onion Gravy, Seasoned Collard Greens, Black-eyed Peas, White Dinner Roll, Pineapple Tidbits, Margarine, Milk</p>	<p>15 Chicken Milano, Italian Squash, Carrots, Rocky Road Pudding, Rye Bread, Milk</p>	<p>16 Italian Sandwich, Cantaloupe, Lettuce & Tomato, Hoagie Bun, Apple Cinnamon Bar, Milk</p>	<p>17 BBQ Pulled Pork, Baked Beans, Confetti Cole Slaw, Hamburger Bun, Milk</p>	<p>18 Spaghetti w/Meat Sauce, Broccoli, Escalloped Apples, Whole Wheat Bread, Blueberry Cake, Milk</p>
<p>21 Sliced Ham, Pinto Beans, Steamed Spinach, Rye Bread, Fruit Punch, Oatmeal Raisin Cookie, Margarine, Milk</p>	<p>22 Hot Dog w/Chili, Carrot Raisin Salad, Ranch Beans, Hot Dog Bun, Mandarin Oranges, Milk</p>	<p>23 Bourbon Chicken Salad, Macaroni Salad, Juice, Tossed Salad, Captain's Wafers, Tropical Mixed Fruit, Ranch Dressing, Milk</p>	<p>24 A-1 Chopped Steak, Brown Gravy, Mashed Potatoes, Mixed Vegetables, White Dinner Roll, Banana, Milk</p>	<p>25 Sausage w/onions& peppers, Scalloped Potatoes, Southern Green Beans, Applesauce, Hot Dog Bun, Mustard, Milk</p>
<p>28 Beef Macaroni w/Tomato, Seasoned Turnip Greens, Grape Juice, Texas Toast, LD Star Crunch, Milk</p>	<p>29 Pork Ribblett, BBQ Sauce, Green Peas, Whipped Sweet Potatoes, Hamburger Bun, Apple, Pickle Slices, Milk</p>	<p>30 Smothered Chicken, Mushroom Gravy, Rice, Fruit Punch, Capri Blend Vegetables, Whole Wheat Bread, Margarine, Milk</p>	<p>31 Turkey Salad, Spinach & Tomato Salad, Macaroni Salad, Lettuce, Captain's Wafers, Peanut Butter Cookie, Salad Dressing, Milk</p>	<p>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the senior centers.</p>

Ellerbe Meal Site

306 Millstone Road, Ellerbe, NC 28338
910-652-6006

August 2017

Do you or your loved ones have Medicare? SHIP can help if you have questions. 1-855- 408-1212 or 410-1135	1 Pork Ribblett, BBQ Sauce, Green Peas, Whipped Sweet Potatoes, Hamburger Bun, Apple, Pickle Slices, Milk	2 Smothered Chicken, Mushroom Gravy, Rice, Fruit Punch, Capri Blend Vegetables, Whole Wheat Bread, Margarine, Milk	3 Turkey Salad, Spinach & Tomato Salad, Macaroni Salad, Lettuce, Captain's Wafers, Peanut Butter Cookie, Salad Dressing, Milk	4 Swiss Style Beef Patty, Mashed Potatoes, Succotash, Orange Tangerine Juice, White Dinner Roll, Margarine, Milk
7 Waikiki Chicken, Rice Pilaf, Country Cottage Blend Vegetables, Orange, Whole Wheat Roll, Birthday Cake, Milk	CLOSED	9 Egg Salad, Potato Salad, Marinated Broccoli Salad, Whole Wheat Bread, Cranberry Juice, Milk	10 Hamburger, American Cheese, Carrots, Lettuce & Pickles, Hamburger Bun, Peach Cobbler, Ketchup, Milk	11 Roast Pork, Peach Ginger Sauce, Scalloped Potatoes, Green Peas, Cantaloupe, Whole Wheat Roll, Margarine, Milk
14 Beef Patty, Pepper & Onion Gravy, Seasoned Collard Greens, Black-eyed Peas, White Dinner Roll, Pineapple Tidbits, Margarine, Milk	15 Chicken Milano, Italian Squash, Carrots, Rocky Road Pudding, Rye Bread, Milk	16 Italian Sandwich, Cantaloupe, Lettuce & Tomato, Hoagie Bun, Apple Cinnamon Bar, Milk	17 BBQ Pulled Pork, Baked Beans, Confetti Cole Slaw, Hamburger Bun, Milk	18 Spaghetti w/Meat Sauce, Broccoli, Escalloped Apples, Whole Wheat Bread, Blueberry Cake, Milk
21 Sliced Ham, Pinto Beans, Steamed Spinach, Rye Bread, Fruit Punch, Oatmeal Raisin Cookie, Margarine, Milk	22 Hot Dog w/Chili, Carrot Raisin Salad, Ranch Beans, Hot Dog Bun, Mandarin Oranges, Milk	CLOSED	24 A-1 Chopped Steak, Brown Gravy, Mashed Potatoes, Mixed Vegetables, White Dinner Roll, Banana, Milk	25 Sausage w/onions& peppers, Scalloped Potatoes, Southern Green Beans, Applesauce, Hot Dog Bun, Mustard, Milk
28 Beef Macaroni w/Tomato, Seasoned Turnip Greens, Grape Juice, Texas Toast, LD Star Crunch, Milk	29 Pork Ribblett, BBQ Sauce, Green Peas, Whipped Sweet Potatoes, Hamburger Bun, Apple, Pickle Slices, Milk	CLOSED	31 Turkey Salad, Spinach & Tomato Salad, Macaroni Salad, Lettuce, Captain's Wafers, Peanut Butter Cookie, Salad Dressing, Milk	Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the senior centers.

Hamlet Meal Site

102 Veterans Drive, Hamlet, NC 28345
910-582-7985

August 2017

Do you or your loved ones have Medicare? SHIP can help if you have questions. 1-855- 408-1212 or 410-1135	1 Pork Ribblett, BBQ Sauce, Green Peas, Whipped Sweet Potatoes, Hamburger Bun, Apple, Pickle Slices, Milk	2 Smothered Chicken, Mushroom Gravy, Rice, Fruit Punch, Capri Blend Vegetables, Whole Wheat Bread, Margarine, Milk	3 Turkey Salad, Spinach & Tomato Salad, Macaroni Salad, Lettuce, Captain's Wafers, Peanut Butter Cookie, Salad Dressing, Milk	4 Swiss Style Beef Patty, Mashed Potatoes, Succotash, Orange Tangerine Juice, White Dinner Roll, Margarine, Milk
7 Waikiki Chicken, Rice Pilaf, Country Cottage Blend Vegetables, Orange, Whole Wheat Roll, Birthday Cake, Milk	CLOSED	CLOSED	10 Hamburger American Cheese, Carrots, Lettuce & Pickles, Hamburger Bun, Peach Cobbler, Ketchup, Milk	11 Roast Pork, Peach Ginger Sauce, Scalloped Potatoes, Green Peas, Cantaloupe, Whole Wheat Roll, Margarine, Milk
14 Beef Patty, Pepper & Onion Gravy, Seasoned Collard Greens, Black-eyed Peas, White Dinner Roll, Pineapple Tidbits, Margarine, Milk	15 Chicken Chef Salad, Macaroni Salad, Marinated Vegetable Salad, Crackers, Rocky Road Pudding, Salad Dressing, Milk	16 Italian Sandwich, Cantaloupe, Lettuce & Tomato, Hoagie Bun, Apple Cinnamon Bar, Milk	17 BBQ Pulled Pork, Baked Beans, Confetti Cole Slaw, Hamburger Bun, Milk	18 Spaghetti w/Meat Sauce, Broccoli, Escalloped Apples, Whole Wheat Bread, Blueberry Cake, Milk
CLOSED	22 Hot Dog w/Chili, Carrot Raisin Salad, Ranch Beans, Hot Dog Bun, Mandarin Oranges, Milk	23 Bourbon Chicken Salad, Macaroni Salad, Juice, Tossed Salad, Captain's Wafers, Tropical Mixed Fruit, Ranch Dressing, Milk	24 A-1 Chopped Steak, Brown Gravy, Mashed Potatoes, Mixed Vegetables, White Dinner Roll, Banana, Milk	25 Sausage w/onions& peppers, Scalloped Potatoes, Southern Green Beans, Applesauce, Hot Dog Bun, Mustard, Milk
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