

# Meal Site Menu

menu subject to change

# August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Do you or loved ones have Medicare? SHIP can help if you questions.</b>  <b>1-855-408-1212 or 410-1135</b></p>	<p><b>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the Senior Centers.</b></p>	<p>1. Smothered Chicken, Mushroom Gravy, Steamed Rice, Fruit Punch, Capri Blend Vegetables, Whole Wheat Bread, Margarine, &amp; Milk</p>	<p>2. Turkey Salad, Macaroni Salad, Marinated Zucchini Salad, Raisin Cake, 2 Slices White Bread, Milk, &amp; New Salad</p>	<p>3. Swiss Style Beef Patty, Mashed Potatoes, Orange-Tangerine Juice, White Dinner Roll, &amp; Milk</p>
<p>6. Waikki Chicken, Rice Pilaf, Country Cottage Blend, Fresh Orange, Whole Wheat Roll, Birthday Cake, &amp; Milk</p>	<p>7. Hot Dog w/Chili, Slaw, Ranch Beans, Hot Dog Bun, Milk, &amp; Juice</p>	<p>8. Egg Salad, Green Pea Salad, Marinated Broccoli Salad, Whole Wheat Bread (2 slices), Cranberry Juice, &amp; Milk</p>	<p>9. Hamburger, American Cheese, Carrots, Lettuce &amp; Pickles, Hamburger Bun, Peach Cobbler, Ketchup, &amp; Milk</p>	<p>10. Chef Salad w/Ham, egg, Cheese, Green Pea Salad, Carrot Raisin Salad, Fresh Cantaloupe, Captain's Wafers, &amp; Milk</p>
<p>13. Beef Patty, Pepper &amp; Onion Gravy, Seasoned Collard Greens, Black-eyed Peas, White Dinner Roll, Pineapple Tidbits, Margarine, &amp; Milk</p>	<p>14. Chicken Fettuccini, Italian Squash, Carrots, Rye Bread, Rocky Road Pudding, &amp; Milk</p>	<p>15. Italian Sandwich, Fresh Orange, Lettuce &amp; Tomato, Hoagie Bun, Apple Cinnamon Bar, &amp; Milk</p>	<p>16. BBQ Pulled Pork, Baked Beans, Confeti Cole Slaw, Hamburger Bun, &amp; Milk</p>	<p>17. Spaghetti w/Meat Sauce, Broccoli, Whole Wheat Bread, Blueberry Cake, Tossed Salad, Italian Dressing, &amp; Milk</p>
<p>20. Sliced Ham, Sweet Potatoes and Apples, Pinto Beans, Apple Juice, White Dinner Roll, Vanilla Pudding, Margarine, &amp; Milk</p>	<p>21. Sloppy Joe, Baked Beans, Hamburger Bun, Cole Slaw, &amp; Milk</p>	<p>22.  <b>CLOSED</b></p>	<p>23. A-1 Chopped Steak, Brown Gravy, Mashed Potatoes, Mixed Vegetables, White Dinner Roll, Fresh Banana, &amp; Milk</p>	<p>24. Sausage w/onions &amp; peppers, Scalloped Potatoes, Southern Green Beans, Applesauce, Hot Dog Bun, Yellow Mustard, &amp; Milk</p>
<p>27. Beef Macaroni w/Tomato, Seasoned Turnip Greens, Grape Juice, Texas Toast, Oatmeal Raisin Cookie, &amp; Milk</p>	<p>28. Pork Ribblett, BBQ Sauce, Green Peas, Whipped Sweet Potatoes, Hamburger Bun, Fresh Apple,, Pickle Slices, &amp; Milk</p>	<p>29. Smothered Chicken, Mushroom Gravy, Steamed Rice, Fruit Punch, Capri Blend Vegetables, Whole Wheat Bread, Margarine, &amp; Milk</p>	<p>30. Turkey Salad, Macaroni Salad, Marinated Zucchini Salad, Raisin Cake, 2 Slices White Bread, Milk, &amp; New Salad</p>	<p>31. Swiss Style Beef Patty, Mashed Potatoes, Orange Tangerine Juice, White Dinner Roll, &amp; Milk</p>

# East Rockingham Meal Site

135 Safie 6<sup>th</sup> Street, Rockingham, NC 28379  
910-997-8225

# August 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Do you or loved ones have Medicare? SHIP can help if you questions.</b> <b>1-855-408-1212 or 410-1135</b></p>	<p><b>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the Senior Centers.</b></p>	<p>1. Smothered Chicken, Mushroom Gravy, Steamed Rice, Fruit Punch, Capri Blend Vegetables, Whole Wheat Bread, Margarine, &amp; Milk</p>	<p>2. Turkey Salad, Macaroni Salad, Marinated Zucchini Salad, Raisin Cake, 2 Slices White Bread, Milk, &amp; New Salad</p>	<p>3. Swiss Style Beef Patty, Mashed Potatoes, Orange-Tangerine Juice, White Dinner Roll, &amp; Milk</p>
<p>6. Waikki Chicken, Rice Pilaf, Country Cottage Blend, Fresh Orange, Whole Wheat Roll, Birthday Cake, &amp; Milk</p>	<p>7. Hot Dog w/Chili, Slaw, Ranch Beans, Hot Dog Bun, Milk, &amp; Juice</p>	<p>8. Egg Salad, Green Pea Salad, Marinated Broccoli Salad, Whole Wheat Bread (2 slices), Cranberry Juice, &amp; Milk</p>	<p>9. Hamburger, American Cheese, Carrots, Lettuce &amp; Pickles, Hamburger Bun, Peach Cobbler, Ketchup, &amp; Milk</p>	<p>10. Chef Salad w/Ham, egg, Cheese, Green Pea Salad, Carrot Raisin Salad, Fresh Cantaloupe, Captain's Wafers, &amp; Milk</p>
<p>13. Beef Patty, Pepper &amp; Onion Gravy, Seasoned Collard Greens, Black-eyed Peas, White Dinner Roll, Pineapple Tidbits, Margarine, &amp; Milk</p>	<p>14. Chicken Fettuccini, Italian Squash, Carrots, Rye Bread, Rocky Road Pudding, &amp; Milk</p>	<p>15. Italian Sandwich, Fresh Orange, Lettuce &amp; Tomato, Hoagie Bun, Apple Cinnamon Bar, &amp; Milk</p>	<p>16. BBQ Pulled Pork, Baked Beans, Confeti Cole Slaw, Hamburger Bun, &amp; Milk</p>	<p>17. Spaghetti w/Meat Sauce, Broccoli, Whole Wheat Bread, Blueberry Cake, Tossed Salad, Italian Dressing, &amp; Milk</p>
<p>20. Sliced Ham, Sweet Potatoes and Apples, Pinto Beans, Apple Juice, White Dinner Roll, Vanilla Pudding, Margarine, &amp; Milk</p>	<p>21. Sloppy Joe, Baked Beans, Hamburger Bun, Cole Slaw, &amp; Milk</p>	<p>22. <b>CLOSED</b></p>	<p>23. A-1 Chopped Steak, Brown Gravy, Mashed Potatoes, Mixed Vegetables, White Dinner Roll, Fresh Banana, &amp; Milk</p>	<p>24. Sausage w/onions &amp; peppers, Scalloped Potatoes, Southern Green Beans, Applesauce, Hot Dog Bun, Yellow Mustard, &amp; Milk</p>
<p>27. Beef Macaroni w/Tomato, Seasoned Turnip Greens, Grape Juice, Texas Toast, Oatmeal Raisin Cookie, &amp; Milk</p>	<p>28. Pork Ribblett, BBQ Sauce, Green Peas, Whipped Sweet Potatoes, Hamburger Bun, Fresh Apple,, Pickle Slices, &amp; Milk</p>	<p>29. Smothered Chicken, Mushroom Gravy, Steamed Rice, Fruit Punch, Capri Blend Vegetables, Whole Wheat Bread, Margarine, &amp; Milk</p>	<p>30. Turkey Salad, Macaroni Salad, Marinated Zucchini Salad, Raisin Cake, 2 Slices White Bread, Milk, &amp; New Salad</p>	<p>31. Swiss Style Beef Patty, Mashed Potatoes, Orange Tangerine Juice, White Dinner Roll, &amp; Milk</p>

# Ellerbe Meal Site

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

# August 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>Do you or loved ones have Medicare? SHIP can help if you questions. 1-855-408-1212 or 410-1135</b>	<b>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the Senior Centers.</b>	1. Smothered Chicken, Mushroom Gravy, Steamed Rice, Fruit Punch, Capri Blend Vegetables, Whole Wheat Bread, Margarine, & Milk	2. Turkey Salad, Macaroni Salad, Marinated Zucchini Salad, Raisin Cake, 2 Slices White Bread, Milk, & New Salad	3. Swiss Style Beef Patty, Mashed Potatoes, Orange-Tangerine Juice, White Dinner Roll, & Milk
6. Waikki Chicken, Rice Pilaf, Country Cottage Blend, Fresh Orange, Whole Wheat Roll, Birthday Cake, & Milk	7. Hot Dog w/Chili, Slaw, Ranch Beans, Hot Dog Bun, Milk, & Juice	8. Egg Salad, Green Pea Salad, Marinated Broccoli Salad, Whole Wheat Bread (2 slices), Cranberry Juice, & Milk	9. Hamburger, American Cheese, Carrots, Lettuce & Pickles, Hamburger Bun, Peach Cobbler, Ketchup, & Milk	10. Chef Salad w/Ham, egg, Cheese, Green Pea Salad, Carrot Raisin Salad, Fresh Cantaloupe, Captain's Wafers, & Milk
13. Beef Patty, Pepper & Onion Gravy, Seasoned Collard Greens, Black-eyed Peas, White Dinner Roll, Pineapple Tidbits, Margarine, & Milk	14. Chicken Fettuccini, Italian Squash, Carrots, Rye Bread, Rocky Road Pudding, & Milk	15. Italian Sandwich, Fresh Orange, Lettuce & Tomato, Hoagie Bun, Apple Cinnamon Bar, & Milk	16. BBQ Pulled Pork, Baked Beans, Confeti Cole Slaw, Hamburger Bun, & Milk	17. <b>CLOSED</b>
20. Sliced Ham, Sweet Potatoes and Apples, Pinto Beans, Apple Juice, White Dinner Roll, Vanilla Pudding, Margarine, & Milk	21. Sloppy Joe, Baked Beans, Hamburger Bun, Cole Slaw, & Milk	22. <b>CLOSED</b>	23. A-1 Chopped Steak, Brown Gravy, Mashed Potatoes, Mixed Vegetables, White Dinner Roll, Fresh Banana, & Milk	24. Sausage w/onions & peppers, Scalloped Potatoes, Southern Green Beans, Applesauce, Hot Dog Bun, Yellow Mustard, & Milk
27. Beef Macaroni w/Tomato, Seasoned Turnip Greens, Grape Juice, Texas Toast, Oatmeal Raisin Cookie, & Milk	28. Pork Ribblett, BBQ Sauce, Green Peas, Whipped Sweet Potatoes, Hamburger Bun, Fresh Apple,, Pickle Slices, & Milk	29. Smothered Chicken, Mushroom Gravy, Steamed Rice, Fruit Punch, Capri Blend Vegetables, Whole Wheat Bread, Margarine, & Milk	30. Turkey Salad, Macaroni Salad, Marinated Zucchini Salad, Raisin Cake, 2 Slices White Bread, Milk, & New Salad	31. Swiss Style Beef Patty, Mashed Potatoes, Orange Tangerine Juice, White Dinner Roll, & Milk

# Hamlet Meal Site

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

# August 2018

menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Do you or loved ones have Medicare? SHIP can help if you questions. 1-855-408-1212 or 410-1135</b>	<b>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the Senior Centers.</b>	1. Smothered Chicken, Mushroom Gravy, Steamed Rice, Fruit Punch, Capri Blend Vegetables, Whole Wheat Bread, Margarine, & Milk	2. Turkey Salad, Macaroni Salad, Marinated Zucchini Salad, Raisin Cake, 2 Slices White Bread, Milk, & New Salad	3. Swiss Style Beef Patty, Mashed Potatoes, Orange-Tangerine Juice, White Dinner Roll, & Milk
6. Waikki Chicken, Rice Pilaf, Country Cottage Blend, Fresh Orange, Whole Wheat Roll, Birthday Cake, & Milk	7. Hot Dog w/Chili, Slaw, Ranch Beans, Hot Dog Bun, Milk, & Juice	8. <b>CLOSED</b>	9. Hamburger, American Cheese, Carrots, Lettuce & Pickles, Hamburger Bun, Peach Cobbler, Ketchup, & Milk	10. Chef Salad w/Ham, egg, Cheese, Green Pea Salad, Carrot Raisin Salad, Fresh Cantaloupe, Captain's Wafers, & Milk
13. Beef Patty, Pepper & Onion Gravy, Seasoned Collard Greens, Black-eyed Peas, White Dinner Roll, Pineapple Tidbits, Margarine, & Milk	14. Chicken Fettuccini, Italian Squash, Carrots, Rye Bread, Rocky Road Pudding, & Milk	15. Italian Sandwich, Fresh Orange, Lettuce & Tomato, Hoagie Bun, Apple Cinnamon Bar, & Milk	16. BBQ Pulled Pork, Baked Beans, Confeti Cole Slaw, Hamburger Bun, & Milk	17. Spaghetti w/Meat Sauce, Broccoli, Whole Wheat Bread, Blueberry Cake, Tossed Salad, Italian Dressing, & Milk
20. Sliced Ham, Sweet Potatoes and Apples, Pinto Beans, Apple Juice, White Dinner Roll, Vanilla Pudding, Margarine, & Milk	21. <b>CLOSED</b>	22. <b>CLOSED</b>	23. A-1 Chopped Steak, Brown Gravy, Mashed Potatoes, Mixed Vegetables, White Dinner Roll, Fresh Banana, & Milk	24. Sausage w/onions & peppers, Scalloped Potatoes, Southern Green Beans, Applesauce, Hot Dog Bun, Yellow Mustard, & Milk
27. Beef Macaroni w/Tomato, Seasoned Turnip Greens, Grape Juice, Texas Toast, Oatmeal Raisin Cookie, & Milk	28. Pork Ribblett, BBQ Sauce, Green Peas, Whipped Sweet Potatoes, Hamburger Bun, Fresh Apple,, Pickle Slices, & Milk	29. Smothered Chicken, Mushroom Gravy, Steamed Rice, Fruit Punch, Capri Blend Vegetables, Whole Wheat Bread, Margarine, & Milk	30. Turkey Salad, Macaroni Salad, Marinated Zucchini Salad, Raisin Cake, 2 Slices White Bread, Milk, & New Salad	31. Swiss Style Beef Patty, Mashed Potatoes, Orange Tangerine Juice, White Dinner Roll, & Milk