



# Lunch menu

## August 2025

### REMINDERS

- You must be home to receive your meal(s) upon delivery.
- Please call our office at least two days prior if you know you will not be home.
- When possible, please ask family members, friends or neighbors to report all hospitalizations and nursing home placements.

Monday	Tuesday	Wednesday	Thursday	Friday
				Oven-fried chicken Okra and tomatoes Steamed rice Peach cobbler Beverage <b>1</b>
Barbeque chicken <b>4</b> Turnip greens Macaroni and cheese Dinner roll Chocolate chip cookie Beverage	Old Bay tuna salad <b>5</b> on lettuce and tomato Pasta salad Crackers Fresh fruit salad Beverage	Baked "chicken-fried: <b>6</b> steak with gravy Broccoli Mashed potatoes Sliced peaches Beverage	Fish with creole tomato <b>7</b> sauce Grits Steamed cabbage Fruit crumble Beverage	Beef stew w/potatoes <b>8</b> and carrots Vegetable medley Whole wheat bread Apple cobbler Beverage
Salisbury steak w/gravy <b>11</b> Squash casserole Scalloped potatoes Fresh fruit Beverage	Chicken Roti <b>12</b> Jasmine rice Indian peas and potatoes Pita chips Mango custard Beverage	Cheeseburger with <b>13</b> lettuce and tomato Baked beans Mayonnaise and mustard Peach crisp Beverage	Fajita chicken w/onions <b>14</b> and peppers Fiesta rice Corn and black beans Fruit Danish Beverage	Chicken salad on <b>15</b> on lettuce and tomato Carrot-raisin salad Veggie pasta salad Crackers Vanilla pudding Beverage
Lemon pepper fish <b>18</b> Capri mixed vegetables Okra and tomatoes Rice Oatmeal cookie Beverage	Spaghetti w/ meat sauce <b>19</b> Italian herb veggies Tossed salad w/dressing Peach cobbler Beverage	Asian orange glazed <b>20</b> chicken fritters Stir-fried vegetables Rice Cinnamon-spiced apples Beverage	Barbeque pork cutlet <b>21</b> Sliced sweet carrots Snap green beans Mashed potatoes Fruit cocktail Beverage	Chicken Cordon Bleu <b>22</b> Green bean almondine Broccoli Pound cake Beverage
Blackened chicken <b>25</b> alfredo Peas and carrots Vegetable medley Carrot cake Beverage	Baked chicken with <b>26</b> mushroom gravy Collard greens Roasted rosemary potatoes Banana pudding Beverage	<b>Ukiyo Izakaya's</b> <b>27</b> Sesame noodles Teriyaki beef & veggies Steamed cabbage Ukiyo's Vanilla rice pudding Beverage	Ham & cheese on bun <b>28</b> Cole slaw Southern potato salad Lettuce, tomato, mayo Fresh fruit Beverage	Oven-fried chicken <b>29</b> Okra and tomatoes Steamed rice Peach cobbler Beverage

\*Menu subject to market availability

(843) 802-0919 | [www.mowbluffonhiltonhead.org](http://www.mowbluffonhiltonhead.org)