

August 2019

MENU AND SHOPPING SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

August 2019							September 2019						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30					

	Monday	Tuesday	Wednesday	Thursday	Friday
Jul 29 - Aug 2	Jul 29	30	31	Aug 1	2
				Today's Menu - Beef Lasagna 9:30am TODAY'S SHOPPING TRIP Seaview Square (Costco, Target, Homesense, Sierra Trading or Burlington) OR Ocean Plaza (Wegmans, SteinMart)	Today's Menu - Breaded Flounder 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart, Home Depot OR Jersey Shore Premium Outlets)
Aug 5 - 9	5	6	7	8	9
	Today's Menu - California Chicken "Burger" 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Today's Menu - Baked Pork Chop 9:30am TODAY'S SHOPPING TRIP Middlebrook Plaza (Kohl's OR FoodTown), Dean's Natural Food Market	Today's Menu - Grilled Chicken Salad 9:30am TODAY'S SHOPPING TRIP K-Mart OR Whole Foods OR Acme OR TJ Maxx OR Aldi's	Today's Menu - Breaded Flounder 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Today's Menu - Turkey & Cheese 9:30am TODAY'S SHOPPING TRIP Seaview Square (Costco, Target, Homesense, Sierra Trading or Burlington) OR Ocean Plaza (Wegmans, SteinMart)
Aug 12 - 16	12	13	14	15	16
	Today's Menu - Turkey BLT Salad 9:30am TODAY'S SHOPPING TRIP Monmouth Mall OR Lidl OR Bed, Bath & Beyond	Today's Menu - Tuna Salad 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Today's Menu - Turkey Dinner 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart, Home Depot OR Jersey Shore Premium Outlets)	Today's Menu - Hoagies 9:30am TODAY'S SHOPPING TRIP Seaview Square (Costco, Target, Homesense, Sierra Trading or Burlington) OR Ocean Plaza (Wegmans, SteinMart)	Today's Menu - Philly Cheese Steaks 9:30am TODAY'S SHOPPING TRIP Shop-Rite
Aug 19 - 23	19	20	21	22	23
	Today's Menu - Turkey Dinner 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Today's Menu - Deviled Egg Salad 9:30am TODAY'S SHOPPING TRIP K-Mart OR Whole Foods OR Acme OR TJ Maxx OR Aldi's	Today's Menu - Beef Lasagna 9:30am TODAY'S SHOPPING TRIP Middlebrook Plaza (Kohl's OR FoodTown), Dean's Natural Food Market	Today's Menu - Chicken Parm 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Today's Menu - Sausage, Peppers & Onions 9:30am TODAY'S SHOPPING TRIP Seaview Square (Costco, Target, Homesense, Sierra Trading or Burlington) OR Ocean Plaza (Wegmans, SteinMart)
Aug 26 - 30	26	27	28	29	30
	Today's Menu - Tuna Salad 9:30am TODAY'S SHOPPING TRIP Christmas Tree Shops AND Flaming Grill Buffet	Today's Menu - Breaded Flounder 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Today's Menu - Taco Fiesta 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart, Home Depot OR Jersey Shore Premium Outlets)	Today's Menu - Baked Pork Chop 9:30am TODAY'S SHOPPING TRIP Delicious Orchards	Today's Menu - BBQ Chicken 9:30am TODAY'S SHOPPING TRIP Shop-Rite