

2017

# AUGUST MENU



Located in the Community Center at 201 Wright Blvd.

Open Tuesday to Friday 10:00-2:00  
Lunch Served from 11:30 a.m. to 12:30 p.m.

Monthly Third Thursday Dinner 5:00 to 7:00 p.m.

Fun Friday Games & Snacks are from after lunch until ???

Free Lunch for Seniors last Friday of the month.

SUN	MON	TUE	WED	THU	FRI	SAT
	31	1 Mexican casserole, Mexican rice, tropical fruit, salad	2 Heart Healthy Chicken Pockets, salad, fruit tray	3 Lemon garlic Tilapia, rice pilaf, cucumber salad, salad	4 Cheeseburger, french fries, potato salad, watermelon	<p>Suggested Donations:</p> <p><u>Lunch</u> 12 &amp; Under, 60+ \$3.00 Everybody else \$7.00</p> <p><u>Dinner</u> 12 &amp; Under, 60+ \$6.00 Everybody Else \$10.00</p> <p>Additional meals to take home are the same price per meal.</p> <p>As a courtesy, please call Cindy at 680-3400 the day before if you plan to have a group of four or more attending.</p> <p>Come on down &amp; sit a spell!!!</p>
6 <b>CLOSED</b>	7 <b>CLOSED</b>	8 Sweet & sour chicken, rice, steamed veggies, salad	9 Meatball sub casserole, Italian green beans, salad, fresh fruit	10 Chicken breasts w/stuffing, mixed veggies, salad	11 Ham, potatoes & gravy, mixed fruit	
13 <b>CLOSED</b>	14 <b>CLOSED</b>	15 Stuffed peppers, broccoli & cauliflower, tropical fruit, roll	16 Lasagna, garlic bread, salad	17 <b>*DINNER*</b> Meatloaf, mashed potatoes & gravy, steamed broccoli & corn, salad & fruit	18 Chicken sandwich, fries, cottage cheese, fruit	
20 <b>CLOSED</b>	21 <b>CLOSED</b>	22 Beef & bean burrito, Mexican rice, Mexican pasta salad	23 Beef stroganoff, beets, salad, roll	24 Chicken & dumpling casserole, salad, fruit	25 <b>FREE &amp; FUN</b> Sloppy Joes, avocado-orange spinach toss, chips	
27 <b>CLOSED</b>	28 <b>CLOSED</b>	29 Swedish meatballs, rice, winter veggies, fruit	30 Homemade pizza, mixed fruit, salad	31 Vegetable beef stew, peaches, biscuits		
	4	<b>WE DELIVER</b>				
<p>If you are a homebound senior, call Cindy at 680-3400 We may occasionally make unannounced changes to our menu. We will only do this if it is absolutely necessary.</p>						