



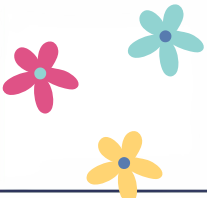

Senior Wellness Center

AUGUST MENU

Free for 60 and over

\$5.00 for 59 and younger or you

\$3.00 for 18 and younger

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Roasted Pork Cubes mash potatoes with gravy mixed vegetables Canned fruit	2 Meat Loaf mash potatoes roasted roots ww bread fresh fruit	3 Apricot Chicken w/ brown rice garden salad ww crackers fresh fruit	4 Cornish Hens wild rice pilaf roasted carrots ww bread canned fruit	
	7 Spinach Artichoke Grilled Cheese fresh vegetables canned fruit	8 Ham Broccoli Rice Casserole mixed salad dressing Canned fruit	9 Baked Halibut wild rice Roasted sweet potato and brussel sprouts fresh fruit	10 Cuban Chicken Sandwich ww bread veg. pasta salad fresh fruit	11 Senior Breakfast 730 am to 930 am take-out available fresh fruit	
	14 Turkey Falafel pita bread sauteed vegetables fresh fruit	15 Beef n Shrimp stir fry brown rice canned fruit	16 Chicken Parm. ww pasta roasted squash ww garlic squares fresh fruit	17 Shepards Pie yams, carrots/peas Spring Mix salad canned fruit	18 Senior Cookout Grilled Eels and Burgers pork n beans potato salad fresh fruit	
	21 Stuffed Bell Pepper Casserole ww bread canned fruit	22 Ground Beef with Onions mash potatoes roasted carrots fresh fruit	23 Baked Salmon roasted red potato sweet pea salad ww bread fresh fruit	24 Summer Chicken Salad romaine letuce crackers fresh fruit	25 Spagetti marinara spagetti pasta roasted squash canned fruit	
	28 Zucchini Lasagna Rolls steamed broccoli fresh fruit	29 Lukamean fried potaoes salad mix canned fruit	30 NDN Taco red beans lett,tomato,onions, etc., fresh salad canned fruit	31 Tuna Casserole spiral pasta carrots'n broccoli fresh fruit		

Candace L. Turner
MS, RDN
Approved
7/27/2023
CDR # 86052472

Tuesday, Wednesday and Friday are meal days from 12p-1p
Monday and Thursday's are exercise days 1045a- 1145a for participants.