

## AUGUST MENU & ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Pork Roast Scalloped Potatoes Capri Blend Can Fruit	<b>2</b> Chicken Nuggets French Fries Salad Jello Cup	<b>3</b> Taco Salad Bowl W/ Chips Lemon Pound Cake  <b>Wellness &amp; Health                      Blood Pressure Clinic                      11AM to 1PM</b>	<b>4</b> Tuna Fish on Lettuce w/Tomato 3 Bean Salad Crackers Cookies	<b>5</b>  <b>2 Elders exercise                      bikes available                      11AM to 12:30PM</b>
<b>8</b> Ham Slice Sweet Potatoes Green Beans Can Fruit	<b>9</b> Chicken Salad on Wheat Bread Lettuce & Tomato Chips Pasta Salad Pie	<b>10</b> Corn Soup Boiled Potato Brussel Sprouts Flat Bread Apples  <b>Blood Pressure Clinic                      11AM to 1PM</b>	<b>11</b> Fish Sticks Mac & Rotel Salad Can Fruit	<b>12</b>  <b>Puzzles to                      check out</b>  <b>2 computers                      to use</b>
<b>15</b> Turkey Bagel Sandwich Lettuce, Tomato, & Avocado Cowboy Corn Chips Fruit Cup	<b>16</b> Chicken and Rice Soup Glazed Carrots Carrot Cake	<b>17</b> Pork Chops California Blend Sliced Tomatoes Cookies  <b>Blood Pressure Clinic                      11AM to 1PM</b>	<b>18</b> Catfish Tater Tots Coleslaw Lemon Meringue Pie	<b>19</b> <b>HOMEBOUND                      ELDERS</b> Please call BEFORE 9:30AM if Not Home
<b>22</b> Goulash Garlic Bread Winter Blend SF Pudding Cup	<b>23</b> Chicken Alfredo Italian Blend Garlic Toast Italian Cream Cake	<b>24</b> Pork and Hominy Salad Veggie Blend Fry Bread Oranges  <b>Blood Pressure Clinic                      11AM to 1PM</b>	<b>25</b> Breaded Shrimp Pilaf Pacific Blend Cheese Cake	<b>26</b> <b>LUNCH SERVED                      Monday-Thursday                      11:30AM-12:30PM</b>
<b>29</b> Chili Fritos or Tortilla Chips Lettuce & Tomatoes Chuck Wagon Blend Cinnamon Apples	<b>30</b> Chicken Sandwich Lettuce & Tomatoes Baked Lays Green Bean Salad German Cake	<b>31</b> Pork Roast w/Gravy Scalloped Potato Veggie Blend Coconut Cream Pie  <b>Blood Pressure Clinic                      11AM to 1PM</b>	 <b>AUGUST 20<sup>TH</sup>   11AM                      CHENA BUILDING</b>	