

# August 2019

Monday	Tuesday <b>Bird Day</b>	Wednesday	Thursday <b>Fish Day</b>	Friday
Ask about the Caregiver Program for Services Area Elders.	<b>Sack Lunch/Breakfast on Thursday to Homebound.</b>	Ask about housekeeping to elders who are over the age of 70 years old.	<b>1 IOWAY CASINO DAY 10AM-1PM</b> NO SPCEIALS BEFORE OR AFTER <b>Sack Meal Delivered</b>	2 Sausage Patties Biscuit w/ Gravy Tomato Slices Strawberry Smoothies 2% Milk <b>Shopping Day</b> <b>Leave WC at 9AM</b> <b>Caregiver Training</b> <b>WC 9:30AM-10:30AM</b>
5 Spaghetti w/Meat Marinara Sauce Italian Blend Salad Garlic Toast Tiramisu 2% Milk	6 BBQ Chicken Ranch Style Beans Winter Blend Mandarin Oranges 2% Milk <b>Elders Game Day at WC 9:30am – 12 pm</b> <b>Winner \$50.00 Free Play</b> <b>Every 2<sup>nd</sup> Tuesday of the month</b>	7 Beef Steam Fry Potatoes Salad Let & Tom. Salad Apple 2% Milk	8 Blackened Tilapia on Wild Rice Asparagus Salad Peach Crisp 2% Milk	9 Breakfast Casserole w/Salsa Grape Juice 2% Milk <b>CIMARRON CASINO DAY 10AM -1PM</b> NO SPECIALS BEFORE OR AFTER
12 Breaded Baked Pork Chops Scalloped Potatoes Green Beans Carrot Cake 2% Milk	13 Chicken Salad w/ Lettuce & Tomatoes on Wheat Bread Chips Cottage Cheese w/Pineapple 2% Milk	14 Ribs Green Bean Casserole Corn Pudding 2%Milk	15 Steak Fingers Mashed Potatoes Gravy Tuscany Blend Banana Pudding 2% Milk	16 Grits Ham Bananas Tomato Juice 2% Milk <b>SAC- &amp; FOX TAILGATE</b> <b>CHENA BUILDING</b>
19 Soft Beef Tacos Roasted Black Beans & Corn Salad Strawberry Short Cake 2%Milk	20 Chicken Chimichanga w/Cheese Sauce Mexican Rice Salad Sopaipilla 2% Milk	21 Pork & Homing Boiled Potato Green Beans Orange 2 % Milk	22 Fish Sticks Potato Wedges Coleslaw Fresh Fruit Mix 2% Milk	23 Scrambles Eggs Bacon Toast Juice 2% Milk  Shopping Day 8-11
26 Beef Fajitas Refried Beans Rice Cookie 2% Milk	27 Chicken Strips Tator Tots Mac and Tomatoes Mixed Fruit 2% Milk	28 Stuffed Bell Peppers Asparagus Apricots 2% Milk	29 Coconut Shrimp Baked Sweet Potato Winter Blend Cream Cheese Pie 2% Milk	30 Breakfast Special Chef's Choice