

2% MILK AVAILABLE

ELECTRA SERVICE CORPORATION

AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>CDH 2-11 1</p> <p>Pork Chops Black-Eyed Peas Spinach Salad Cornbread Baked Apples</p>	<p>2011-25 2</p> <p>Oven Fried Chicken Bow Tie Pasta Broccoli Raisin Salad Fruit</p>	<p>CDH 2016-4 3</p> <p>Pork &amp; Vegetable Eggrolls w/Sweet &amp; Sour Sauce Vegetable Rice, Broccoli Sliced Peaches</p>	<p>2011-12 4</p> <p>Cheeseburgers Potato Wedges Tomato, Lettuce Pickles &amp; Onion Melon Medley</p>
<p>CDH WK 6 DAY 5 7</p> <p>Pollock Wedge w/Lemon Coleslaw W/ Raisins Lima Beans Cornbread Lemon Cookie</p>	<p>CDH WK 6 DAY 1 8</p> <p>Polish Sausage Sweet &amp; Sour Red Cabbage German Potato Salad Wheat Roll Black Forest Parfait</p>	<p>CDH WK 6 DAY 2 9</p> <p>King Ranch Chicken Pinto Beans Tortilla Pineapple Rings Sugar Cookies</p>	<p>CDH WK 6 DAY 3 10</p> <p>Smothered Steak Mashed Potatoes Mixed Greens WW Roll Peach Short Cake</p>	<p>CDH WK 6 DAY 4 11</p> <p>BBQ Chicken Smothered Potatoes Carrot Salad Wheat Roll Sliced Apples</p>
<p>BEK WK 2 DAY 3 14</p> <p>Chicken Salad on Lettuce Chunky Fruit Wheat Bread Tomato, Onion &amp; Pickles Chocolate Chip Cookie</p>	<p>BEK WK 2 DAY 1 15</p> <p>Chicken Enchiladas Spanish Rice / Salsa Pinto Beans w/ Crackers Cinnamon Pears</p>	<p>BEK WK 2 DAY 4 16</p> <p>Beef Pepper Steak Garlic Mashed Potatoes Capri Vegetables Wheat Roll Fresh Fruit</p>	<p>BEK WK 2 DAY 5 17</p> <p>Chopped Barbeque on a Bun Pinto Beans Romaine Salad Fruit</p>	<p>BEK WK 2 DAY 4 18</p> <p>Battered Cod Wedge Buttered Rice Lemon Broccoli WW Roll Snickerdoodle</p>
<p>CDH WK 8 DAY 1 21</p> <p>Charbroiled Hamburgers Sliced Tomato, Onion Lettuce &amp; Pickles Herbed Potato Fries Chocolate Chip Cookie</p>	<p>CDH WK 8 DAY 2 22</p> <p>Chicken Tenders w/ Gravy Garlic Mashed Potatoes Mixed Squash WW Roll Peach Shortcake</p>	<p>CDH WK 8 DAY 3 23</p> <p>Barbeque Brisket Hashbrowns Turnip Greens Cornbread Pineapple Pie</p>	<p>CDH WK 8 DAY 4 24</p> <p>Chicken a la King w/ Rice Spinach Mushroom Salad California Blend Vegetables Wheat Roll Berry Cobbler</p>	<p>CDH WK 8 DAY 5 25</p> <p>Baked Chicken Scandia Red Skinned Potatoes Cole Slaw w/ Apple Cornbread Fruit Cup</p>
<p>2011-32 28</p> <p>Sloppy Joe on a Bun Country Potato Salad Carrot Zucchini Salad Creamy Fruit Squares</p>	<p>CDH 3-12 29</p> <p>Tacos w/ Salad Topping Tortilla Pinto Beans Chuckwagon Corn Peanut Butter Cup</p>	<p>2011-15 30</p> <p>Teriyaki Chicken Rice w/ Sugar Snap Peas Stir Fry Vegetables Wheat Roll Strawberries &amp; Bananas</p>	<p>2011-13 31</p> <p>Chicken Fried Steak Mashed Potatoes w/ Gravy Okra, Corn Pumpkin Square</p>	

Please call the Senior Center at 495-4311 by 10 am on the days you want to come for lunch.

Recommended Donation: Seniors 60 and over \$3.00 Guests under 60 \$6.00