

2% MILK AVAILABLE

ELECTRA SERVICE CORPORATION

AUGUST 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEK 2016-12 3 Baked Potato w/ Chili & Cheese Broccoli Cinnamon Apples	CDH 4-12 4 Chicken a la King w/ Rice Spinach Mushroom Salad California Blend Vegetables Wheat Roll Cherry/Berry Cobbler	CDH 3-36 5 Taco Salad w/ Corn Chips Seasoned Corn Watermelon Peach Crisp	2011-13 6 Chicken Fried Steak Mashed Potatoes w/ Gravy Okra, Corn Pumpkin Square	2011-25 7 Oven Fried Chicken Bow Tie Pasta Broccoli Raisin Salad Fruit
CDH WK 6 DAY 1 10 Polish Sausage Sweet & Sour Red Cabbage German Potato Salad Wheat Roll Black Forest Parfait	CDH WK 6 DAY 5 11 Pollock Wedge w/Lemon Coleslaw W/ Raisins Lima Beans Cornbread Lemon Cookie	CDH WK 6 DAY 2 12 King Ranch Chicken Pinto Beans Tortilla Pineapple Rings Sugar Cookies	CDH WK 6 DAY 3 13 Smothered Steak Mashed Potatoes Mixed Greens WW Roll Peach Short Cake	CDH WK 6 DAY 4 14 BBQ Chicken Smothered Potatoes Carrot Salad Wheat Roll Sliced Apples
BEK WK 2 DAY 5 17 Charbroiled Chicken on a Bun Tomato, Lettuce, Onion Sweet Potato Fries Bananas & Fruit	BEK WK 2 DAY 1 18 Beef Pepper Steak Garlic Mashed Potatoes Capri Vegetables Wheat Roll Fresh Fruit	BEK WK 2 DAY 4 19 Pork Chops Black-Eyed Peas Spinach Cornbread Baked Apples	BEK WK 2 DAY 3 20 Chicken Salad on Lettuce Chunky Fruit Wheat Bread Tomato, Onion & Pickles Chocolate Chip Cookie	BEK WK 2 DAY 1 21 Chicken Enchiladas Spanish Rice / Salsa Pinto Beans w/ Crackers Cinnamon Pears
CDH 1-11 24 Chicken Tenders w/ Gravy Garlic Mashed Potatoes Turnip Greens WW Roll Mandarin Oranges	2011-35 25 Spaghetti & Meatballs Spinach Salad Garlic Bread Honey Dew Melon	CDH 2011- 12 26 Tacos w/ Salad Topping Pinto Beans Chuckwagon Corn Peanut Butter Cup	2011-15 27 Teriyaki Chicken Rice w/ Sugar Snap Peas Stir Fry Vegetables Wheat Roll Strawberries & Bananas	BEK 2016 7-1 28 Italian Chicken Herbed Red Potatoes Italian Green Beans Breadstick Cheesecake
2011-12 31 Cheeseburgers Potato Wedges Tomato, Lettuce Pickles & Onion Melon Medley				

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