

Senior Nutrition Program				August 2022	Senior Activities 529-3901
MONDAY	TUESDAY	WEDNESDAY	THURSDAY		
1 Chicken & rice Casserole Spring mix veggies Mandarin oranges Blonde Brownie 2% milk	2 Ham sandwich w/ lettuce, tomato Pickle spear Potato chips Peach & Pear blend Monster cookies 2% milk	3 Roasted lemon pepper chicken Mashed potato & gravy Peas & Carrots Apple slice w/ dip Bread w/ mar 2% milk	4 Hot Dog& toppings Potato salad Fritos chips Cottage cheese Jell-O salad Cookies 2% milk	Senior day @ the fair August 11th Bingo starts @ 10 a.m. and lunch served at noon	
8 Hawaiian Haystacks w/ rice Chow mien noodles Tropical fruit Fortune cookie 2% milk	9 Salisbury Steak Mashed potatoes& gravy Carrots Mandarin oranges Roll w/ mar 2% Milk	10 Chicken pillows Mixed veggie Peach parfait Choc crinkle cookie 2% milk	11 Philly cheese sloppy joe w/ grilled onions & peppers Marinated garden salad Potato chip Apple cobbler 2% milk	Bingo will be cancelled for August because of bingo at the fair the same day! We will resume bingo at NSCC in Sept	
15 Cook's Choice	16 Pork Roast Mashed potatoes & gravy Corn Fruit cup Bread w/ mar Tapioca pudding 2% milk	17 Turkey w/stuffing & cranberry Beets Pears w/ cottage cheese Oatmeal cake Bread w/ Margarine 2% milk	18 Chicken strips w/ chick fil a sauce Tater tots Green beans Pineapple & orange salad Chocolate mousse pie 2% Milk	Senior bus goes to Richfield every Thursday for Shopping and medical appts. Call the center if you would like a ride!	
22 Chicken cordon bleu Scalloped potatoes Broccoli Fruit cocktail Roll w/ margarine 2% milk	23 Pot Roast w/ carrots, red potato, onion Vegetable blend Peaches Whole wheat bread w/ mar Drop sugar cookie 2% milk	24 Chicken strip salad w/ Croutons Mandarin oranges/ pineapple tidbits Cinnamon roll 2% Milk	25 Sweet and Sour chicken w/ peppers & pineapple Fried rice Stir fry veggies Fruit Salad White cake with raspberry whipped cream frosting 2% milk	Come and join us in the dinning room for lunch we miss you and would like to see you!	
29 Soft shell beef tacos w/ tomato onion & cheese Refired beans Chips & Salsa Mandarin Oranges 2% milk	30 Chicken Alfredo w/ Noodles Vegetable blend Bread stick Pineapple upside sown cake 2% milk	31 Chicken Pot Pie w/ vegetables Side of Peas & Carrots Pears Bread pudding & sauce 2% milk			

August Newsletter 2022

Senior Center phone #529-3901

August 11th is Senior day at the fair! **THIS WILL BE A SENIOR ONLY EVENT!** Bingo will start at 10:00 a.m. you can buy cards \$3 a piece or 2 for \$5 this is a transportation fundraiser for our senior buses and seniors (anyone 60 & older) can enjoy a free lunch served at noon. There will be no congregate lunch served at the senior center on August 11th due to senior day at the fair. Come out and have a good time at the fair with us!

Community Bingo that is held at the North Sevier Community Center will be cancelled this month due to Senior day at the fair. We will resume bingo on Sept 8th @ 7 with free drinks and popcorn!

We would like to encourage all the seniors to come and have lunch in the dining room with us! This helps you get out and socialize with each other! We serve lunch Monday thru Thursday at noon!

The dances will resume in August also on the 2nd and 4th Fridays of the month. \$3 a person to get in!

We hope you all are enjoying summer! It's been really hot, so please remember that when you drink your soda's that we are still collecting the tabs for the Ronald McDonald house! Just bring them into the center and we will get them where they need to be! Thanks for your help!

