

## Announcements for August 2022

Board Meeting will be on Wednesday, August 17th, in the dining room after lunch.

Ice Cream and Bingo will be on Tuesday, August 2nd, in the dining room after lunch.

The bus will be tentatively going to the Provo area on Friday, 5th. Meet in the church parking lot at 10:00 a.m. if you would like to go. Please call the senior office (436-8275) to be put on the list.

The monthly birthday dinner will be on Thursday, August 25th, at noon in the dining room. The menu will be Sweet and Sour Chicken w/peppers and pineapple, Fried Rice, Stir Fry Vegetables, Fruit Salad, and Cake. There will be entertainment that day also. Please call 436-8275 to be put on the list to attend.

We still have Moroni Cook Books available. They make wonderful gifts for Birthdays, Christmas or Weddings. They are \$20 each. You can pick them up in the Senior office at the city hall, Monday through Thursday 8:30 to 2:00.

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## August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>1 Chicken &amp; Rice Casserole Spring Mix Veg Mandarin orange Fruit blend 2% Milk</p>	<p>2 Ham sandwich w/ lettuce, tomato Pickle Spear Potato Chips Peach and pear blend Monster Cookies 2% milk</p>	<p>3 Roasted Lemon Pepper Chicken Mashed potato w/ gravy Peas and carrots Apple slice w/ dip Bread w/ margarine 2% milk</p>	<p>4 Hot Dog &amp; toppings Potato salad cottage cheese Jell O salad Fritos Cookies 2% milk</p>
<p>10 Hawaiian haystacks w/ rice &amp; veg Chow mien noodles Tropical fruit Fortune Cookie 2% Milk</p>	<p>11 Salisbury Steak Mashed Potatoes &amp; gravy Carrots Mandarin oranges Roll w/mar 2% Milk</p>	<p>12 Chicken Pillows Mixed veggie Peaches parfait Choc Crinkle Cookie 2% milk</p>	<p>13 Philly Cheese w/ grilled onion, pepper Marinated garden salad Potato Chip Apple Cobblers 2% Milk</p>
<p>15 Cook's Choice</p>	<p>16 Pork roast Mashed potatoes &amp; gravy Corn Fruit Cup Bread w/ margarine Tapioca pudding 2% milk</p>	<p>17 Turkey w/ stuffing &amp; cranberry Beets Pear's w/ cottage cheese Oatmeal Cake Bread w/ margarine 2% Milk</p>	<p>18 Chicken strips w/ chick filet sauce Tater tots Green Beans Pineapple &amp; orange Salad Choc mousse pie 2% milk</p>
<p>22 Chicken Cordon Bleu Scalloped potatoes Broccoli Fruit cocktail Roll w/Mar 2% milk</p>	<p>23 Pot Roast w/ carrots, potato, onion Vegetable Blend Peaches Whole wheat bread w/margarine Drop Sugar cookie 2% Milk</p>	<p>24 Chicken strip salad w/ croutons Mandarin orange/ pineapple tidbits Cinnamon Roll 2% milk</p>	<p>25 Sweet and Sour Chicken w/ pepper and pineapple Fried Rice Stir Fry Vegetables Fruit salad White cake with raspberry whipped cream 2% milk</p>
<p>29 Soft Shell Ground Beef Taco w/ lettuce Tomato, onion, cheese Refried Beans Chips &amp; Salsa Mandarin oranges 2% Milk</p>	<p>30 Chicken Alfredo w/ noodles Vegetable Blend Bread Stick Pineapple upside down cake 2% Milk</p>	<p>31 Chicken Pot Pie w/ vegetables Side of peas &amp; carrots Pears Bread pudding &amp; sauce 2% Milk</p>	

Please call by 9:00 a.m. on the day you plan to eat    thank-you

SUGGESTED DONATION SENIORS 60 AND OVER \$3.00  
UNDER 60 COST OF MEAL IS \$6.00

MENU SUBJECT TO CHANGE AND SUBSTITUTIONS

436-8275