


August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>1 Chicken & Rice Casserole Spring Mix Veg Mandarin orange Roll w/ margarine 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 slices w/ dip Bread w/ margarine 2% milk</p>	<p>4 Hot Dog & toppings Potato salad Cottage cheese Jell O salad Fritos Cookie 2% milk</p>
<p>8 Hawaiian haystacks w/ rice & veg Chow mein noodles Tropical fruit Fortune Cookie 2% Milk</p>	<p>9 Salisbury Steak Mashed Potatoes & gravy Carrots Mandarin oranges Roll w/mar 2% Milk</p>	<p>10 Chicken Pillows Mixed veggie Peaches parfait Choc Crinkle Cookie 2% milk</p>	<p>11 Philly Cheese w/ grilled onion, pepper Marinated garden salad Potato Chip Apple Cobbler 2% Milk</p>
<p>15 *Cook's Choice Goulash Cheese Stick Breadstick Spinach Mandarin Oranges 2% Milk</p>	<p>16 Pork roast Mashed potatoes & gravy Corn Fruit Cup Bread w/ margarine Tapioca pudding BIRTHDAY CAKE & 2% milk</p> 	<p>17 Turkey w/ stuffing & 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 & 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 & 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 & carrots Pears Bread pudding & sauce 2% Milk</p>	

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

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

MENU SUBJECT TO CHANGE AND SUBSTITUTIONS



Manti Senior Center
435-835-2041

Never mistake knowledge
for wisdom.
One helps you make a living;
The other helps you
make a life.

Monthly Newsletter **August 2022**

Bingo Monthly Drawing Winner:

The winner for last month's monthly Bingo drawing was Darlene Blackham! Congratulations Darlene! Come join us for Bingo every Tuesday immediately after lunch, and win prizes and be entered for a larger monthly prize drawing!

Rides:

Please call the Center if you would like a ride to lunch and Bingo on Tuesdays! We would love to have you there! Also, if you are in need of a ride to doctors' appointments, etc. Please call the Center. 435-835-2041

Monthly Birthday Celebration:

This month we will celebrate August birthdays on Tuesday, August 16th. Stop by and celebrate with us and have a piece of cake! Feel free to join us for lunch, and wish everyone born in August a very Happy Birthday!

Blood Pressure Clinic:

Don't forget the blood pressure clinic on Tuesday, August 23rd. Stop by on the 4th Tuesday of each month to get your blood pressure, blood sugar and oxygen checked, and feel free to stay for lunch and Bingo!

Upcoming Center Closures:

Please remember we will be closed on Monday September 5th in honor of Labor Day. Please make other arrangements for lunch on that day.

Cost of Lunch for People Under 60:

Just a reminder... The cost of lunch for people under the age of 60 is \$6.00. This is a REQUIRED cost and MUST BE PAID on the day that lunch is consumed. For people 60 years of age and older, the suggested donation is \$3.00, which can be paid at any time.



August Birthdays:

We would like to wish a very happy birthday, and many many more, to our following seniors born in the month of August...

3 rd – Janice Cox	16 th – Marcia Christiansen
7 th – DeRell Jones	16 th – Scott Layton
9 th – Gilda Christensen	17 th – Alan Justesen
9 th – Helen Bradley	22 nd – Janet Garbe
12 th – Sharon Jackman	22 nd – Merlene Anderson
12 th – Sheila Godfrey	27 th – Carol Duron
16 th – Betsy Bodrero	29 th – Leonard McCosh
16 th – Dixie Sorensen	

We apologize if we have missed any birthdays, and wish you all a very happy birthday!!