

Call 435-758-2435 by 11am

## August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 Beef Enchilada Mexican rice Refried beans Peach and pear blend Monster Cookies	2 Cranberry Russian Chicken Mashed potato w/ gravy Peas and carrots Apple slices Bread w/ margarine	3 Macaroni & Cheese Ham Green beans Peach Bread w/margarine
7	8 Salisbury Steak Mashed Potatoes & gravy Carrots Mandarin oranges Roll w/mar	9 Chicken Alfredo w/ noodles Spring Mix Veg Fruit blend Bread/mar	10 Philly Cheese w/ grilled onion, pepper Marinated garden salad Potato Chip Fruit Blonde Brownies
14	15 Pork roast Mashed potatoes & gravy Corn Fruit Cup Bread w/ margarine Tapioca pudding	16 Turkey w/ stuffing & cranberry Beets Pear's w/ cottage cheese Jell O poke Cake Bread w/ margarine	17 Chicken strip salad w/ croutons Mandarin orange/ pineapple tidbits Cinnamon Roll
21	22 Pot Roast w/ carrots, potato, onion Vegetable Blend Peaches Whole wheat bread w/margarine	23 Chicken Cordon Bleu Scalloped potatoes Broccoli Fruit cocktail Bread w/Mar	24 Egg Salad Sandwich Marinated vegetable Fruit salad White cake with raspberry whipped cream
28	29 Chicken pot Pie w vegetables Side of peas and carrots Bread Stick Pineapple upside down cake	30 Roast Beef Mashed potato & gravy Green Beans Cottage cheese Jell O salad Cookies	31 Hawaiian haystacks w/ rice& veg Chow mien noodles Tropical fruit Drop sugar cookies

Please call by 11:00 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**

**SCIPIO SENOR CENTER INVITES YOU TO JOIN US  
FOR LUNCH AND PRESENTATION BY  
INTERMOUNTAIN AUDIOLOGY CENTER – RICHFIELD, UTAH**

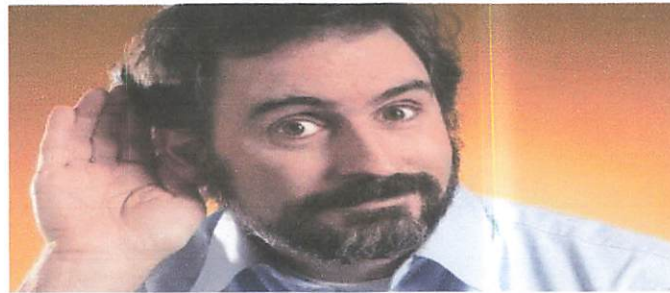
**Tuesday, August 15, 2023 at 12:30 pm**

**AGING IS INEVITABLE, BUT DECLINE IS OPTIONAL!!**

Did you know that Treating hearing loss is the most effective action you can take to REDUCE

Your risk of getting dementia?? Come learn what options and technology are available

To treat you or a loved one's hearing loss and tinnitus (ringing in your ears).



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**We will also be giving out free samples to everyone who attends of  
Arnicare Arthritis Cream, a new all natural plant-based gel that treats  
Arthritis, joint and muscle pain, stiffness and bruising. It is fragrance-free and non-greasy.  
You can also enter to win a \$10 Amazon e-gift card by completing an on-line survey of the product**

**We will be serving Pork roast with mashed potatoes and gravy,  
Corn, fruit cup and tapioca pudding. Please call and reserve  
Your meal by calling 435 758-2435 by 11:00 am**