

SNAP MENU**236-6344 OR 236-6345****AUGUST 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Spaghetti Squash Medley Garden Salad Escalloped Apples Garlic Bread	2 Beef Lasagna Mashed Potatoes Herbed Green Beans Fresh Fruit Dinner Roll	3 Baked Chicken Hot Potato Salad Peas & Carrots Frosted Angel Food Cake Wheat Roll	4 Crunchy Baked Fish Potato Wedges Coleslaw Fresh Fruit Whole Wheat Bread
7 Beef Pepper Steak Garlic Mashed Potatoes Capri Vegetables Fresh Fruit Wheat Roll	8 Chicken Salad Lettuce, Tomato, Pickle, Onion Chunky Fruit Medley Chocolate Chip Cookie Wheat Bread	9 Crunchy Baked Fish Buttered Rice Lemon Broccoli Snickerdoodle White Roll	10 Chicken Enchilada Bake Spanish Rice Pinto Beans Salsa Cinnamon Pears Saltine Crackers	11 BBQ Beef on a Bun Spicy Pinto Beans Romaine Salad Fresh Fruit
14 Chicken Fried Steak Mashed Potatoes Cream Gravy Green Beans Cake Wheat Roll	15 Oriental Cherry Chicken Fluffy Rice Broccoli Florets Fruit Yogurt Wheat Roll	16 Chili Tossed Salad Lemon Pudding Cornbread	17 Grilled Chicken Buttered Noodles Spicy Carrots Fresh Fruit Wheat Roll	18 Smothered Steak Blackeye Peas Seasoned Spinach Frozen Mixed Fruit White Roll
21 Chicken Tenders Garlic Mashed Potatoes Cream Gravy Vegetable Medley Chunky Fruit Medley Oatmeal Cookie Dinner Roll	22 Beef Lasagna Zucchini Tossed Salad Fresh Fruit Garlic Bread	23 Turkey Rice Casserole Green Pea Salad Calico Corn Dinner Roll Banana Pudding W/Wafers	24 Beef Enchiladas Spanish Rice Pinto Beans Salsa Lettuce & Tomato Salad Fresh Fruit Pineapple Cream Cake	25 Chicken Sandwich Lettuce, Tomato, Pickle, Onion Old Fashion Potato Salad Frozen Strawberries
28 Meatballs W/Gravy Buttered Rice Vegetable Medley Chunky Fruit Medley Dinner Roll	29 Ham & Beans Turnip Greens Cucumber Tomato Salad Fresh Fruit Cornbread	30 Turkey Tetrazzini Peas & Carrots Romaine Salad Cherry Cake Garlic Bread Stick	31 BBQ Chicken Herbed Corn Green Beans W/Onions Tossed Salad Pineapple Pudding Wheat Roll	

SNAP ACTIVITIES		236-6344 OR 236-6345		AUGUST 2017					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1		2 Blood Pressure Checks 10:30- 11:30 Exercise 11:45		3		4 Exercise 11:45	
7 Exercise 11:45		8 Music By: Country Rose 10:30 – 11:30		9 Exercise 11:45 Bingo 10:30 – 11:30		10		11 Exercise 11:45	
14 Exercise 11:45		15		16 Exercise 11:45 Bridge 10:00 – 3:00		17 Blood Pressure Checks 10:30- 11:30		18 Exercise 11:45	
21 Exercise 11:45 AARP MEETING 5:30		22 Nutrition 11:45		23 Exercise 11:45 Bingo 10:30 – 11:30 Bridge 10:00 – 3:00		24 Music by: Jim Gross 10:30 – 11:30		25 Exercise 11:45	
28 Exercise 11:45		29		30 Exercise 11:45		31			