



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ham sandwich on rye Spinach Salad Fresh Apple	3 Chix Salad on wheat Pears Carrot stix Tomato juice	4 Cobb Salad Fresh Orange pieapple Whole wheat roll	5 Ham sub Tomato chunks Peaches banana	6 Roast beef pita Celery stix Melon Raisins
9 Turkey on wheat Cucumber slices Apple juice Peaches	10 Egg Salad Pita Mandarin Oranges Green pepper slices Apple	11 Club Salad Pineapple Fresh pear Wheat roll	12 PB & J sandwich Strawberries Tomato juice Carrot stix	13 Club sub Three bean salad Banana Orange juice
16 Mandarin Chix salad/Carrot stix Fresh apple Graham crackers	17 Roast been on a bun Celery stix Grape juice Fresh pear	18 Turkey and cheese sub Applesauce Tomato juice Green pepper slices	19 Ham on wheat Tomato chunks Diced pears Cucumber slices	20 Tuna stuffed tomato Apple juice Carrot stix Wheat roll
23 Ham Salad sandwich Fruit cocktail Celery stix tomato juice	24 Turkey on rye Peaches Grape juice Carrot stix	25 PB & J sandwich Mandarin oranges Three bean salad Fresh apple	26 Roast beef on an onion bun Green pepper slices Baked beans Fresh pear	27 Turkey & cheese wrap Tomato juice Cucumber slices banana
30 Roast beef on wheat Fresh apple Strawberries Carrot stix	31 Chicken salad pita Cranberry juice Raisins Green pepper slices	All meals are served with skim milk	<i>**Please remember that reservations are required.**</i> <i>**Suggested Meal Donation is \$2.25**</i>	Lake 544-2836 Farwell 588-4271 Clare 386-7130 Harrison 539-5161 Lake George 588-9841

****Please join un at the new dining center located in Clare on Wed. August 4th from 3:30-6:00 for the Clare Castle Senior Open House. RSVP to your local dining center-dinner will be served.****



Clare County Senior Services

(989)539-8870

August HOT Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sloppy Joes Coleslaw Carrots & peas Pears	3 Spanish Rice Refried beans Broccoli & cauliflower Apricots Roll	4 Breakfast Casserole Asparagus Tropical Fruit Salad Fresh Pear Bran muffin	5 Baked Chicken Mashed pot./gravy Spinach Bananas w/ choc. Pudding/ dinner roll	6 Polish Sausage & sauerkraut Green beans Peas & onions Peaches/roll
9 Open face beef sand. Mashed pot./gravy Lima beans Mandarin oranges	10 Cranberry Chicken Sweet potatoes Asparagus pineapple	11 Ham steak Scalloped potatoes Brussel sprouts Baked apples Wheat roll	12 Tuna casserole Broccoli Wax beans Banana Nat. grain roll	13 Chix Sandwich on an onion bun Sweet pot. French fries Green beans Fruit cocktail/cookie
16 BBQ pork chop Baked potato Baked beans Plums/dinner roll	17 Broccoli and cheese casserole/green beans Cottage cheese Mango/breadstick	18 Lasagna Spinach Mixed veggies Blueberry blizzard breadstick	19 Salisbury steak Butter beans Scalloped potatoes Strawberries Whole wheat roll	20 Lemon baked fish Rice pilaf Peas&carrots Cucumber slices Applesauce/rye bread
23 Chix & Stuffing Stewed tomatoes Carrots/Peaches Wheat roll	24 Layered beef & cabb. Broccoli & cauliflower Mixed fruit Nat. grain roll	25 Taco Pie Peas Black beans Pears breadstick	26 Hot ham and cheese sandwich Redskin potatoes Three bean salad Apple crisp	27 Roast Pork Mashed potatoes/gravy Brussel sprouts Fresh pear
30 Chili dogs Green beans Diced potatoes Fresh apple	31 Roast beef Mashed potatoes/gravy Peas&carrots Tropical fruit Wheat roll	All meals are served with skim milk	<i>**Please remember that reservations are required.**</i> <i>**Suggested Meal Donation is \$2.25**</i>	Lake 544-2836 Farwell 588-4271 Clare 386-7130 Harrison 539-5161 Lake George 588-9841

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