


AUGUST MENU

ROCK SENIOR CENTER

Mon	Tue	Wed	Thu	Fri
	1 Chicken Lasagna Salad; Broccoli Garlic Bread Fruit	2 Bourbon Steak over Rice Peas Coleslaw Fresh Fruit	3 Stuffed Green Peppers Mashed Potatoes Italian Blend Vegetables Fruit	4 Chef's Salad Tropical Fruit Breadsticks Lemon Bar
	7 Brat on Bun Baked Beans Oven Potatoes Watermelon	8 Pork Chops Mashed Potatoes Key Largo Vegetables Apple Sauce	9 Beef Steak Fritter with Sauce Baked Potato Cook's Choice Vegetables Fruit	10 Breaded Chicken Pattie on Bun Cheesy Hashbrowns Green Beans Fruit
14 Chicken Breast Sour Cream Potato California Blend Vegetables Fruit	15 Spaghetti with Meat Sauce Tossed Salad Peas Garlic Bread Fruit Crisp	16 Cream of Broccoli Soup Mini Sub Copper Penny Salad Fruited Jell-O	17 Taco Pasta Cold Salad Cornbread Pears Dessert	18 Ham and Cheese Egg Bake Hashbrowns Muffin Juice Fresh Fruit
21 Fish Au Gratin Potato Peas and Carrots Fruit	22 Tasty Hamburger Casserole Green Beans Escaloped Apples	23 Cranberry-Glazed Pork Roast Vegetable Blend Mashed Potatoes Applesauce Dessert	24 Cabbage Casserole Carrots Tropical Fruit	25 Chicken Salad Wrap Fresh Vegetables Fruit
28 Swiss Steak over Rice Coleslaw Squash Fruit	29 BBQ Ribs Twice-Baked Potato Monte Carlo Vegetables Grape Dessert	30 Beef Tips Over Noodles Salad Bacon Ranch Green Beans Fruit Dessert	31 Tahitian Chicken Boiled Potatoes Cook's Choice Vegetables Fruit Dessert	

HOW DO I GET TO THE SENIOR CENTER?

WEEKLY ACTIVITIES (center closed on Fridays): **ROCK** 356-6420

Every Monday, Dime bingo, 12:30-2:15 p.m.

Every Tuesday, Play cards, 1-4:30 p.m. Evening meal, 5 p.m.

Every Wednesday, Play cards, 10:30 a.m. to 3 p.m.

OTHER ACTIVITIES:

Presque Isle Walk, Aug. 9. Senior Corporation Dance, Aug. 13, 1-5 p.m. Bake sale, Aug. 8, 4 p.m. Craft Day (Papermaking), Aug. 10, 1 p.m. Spin the wheel, Aug. 15, 6 p.m. Monthly Food Distribution, Aug. 16, 8 a.m. to 3 p.m. Toonerville Trolley Tour, Aug. 19, 8 a.m. Birthday Party, Aug. 30, noon (call 356-6420 at least one day prior to reserve a seat).