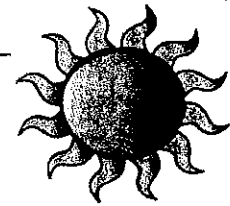




HURLEY SENIOR CENTER

AUGUST 2019



Hurley M-F 561-2108 Iron belt Thur 561-2091 Saxon M-W 893-2333
 Springstead Wed 476-2113 or 800-950-8744 Mercer Tue-Thu 476-2113 or 800-950-8744

Mon. Tues. Wed. Thurs. Fri. Sat.



				1 Tuna Casserole Carrots 3 Bean Salad Muffin	2 Beef Tips Egg Noodles Packer Beans Beet Salad Brownie	3
4	5 Chicken Brushetta Linguine Broccoli and Cauliflower Berries and Yogurt	6 French Toast Sausage Scrambled Eggs Peppers and Onions Grape Juice	7 Roast Beef Mashed Potato Sweet and Sour Cabbage Copper Penny Salad Pineapple Delight	8 Chicken Cordon Bleu Rice Pilaf Green Beans Kale Apple Salad Cookie	9 Pork and Kraut Parsley Potatoes Bahama Blend Cucumber Chickpea Salad Pudding	10
11	12 Beef and Broccoli Lo Mein Egg Rolls Cottage Cheese Mandarin Oranges	13 <i>Chef's Choice</i> Oven Fried Chicken Potato Salad Coleslaw Corn Icecream	14 Parmesan Crusted Tilapia Penne Pasta Caprese Salad California Blend Strawberry Cheesecake	15 Pasty Pie Kidney Bean Salad Peas and Carrots Fruit	16 Ham AuGratin Potatoes Country Blend Pea Salad Peach Cobbler	17
18	19 Tuna Croissant Lettuce and Tomato Snack Mix V8 Juice Pudding	20 Spaghetti and Meat Sauce Broccoli Caesar Salad Garlic Stick Italian Ice	21 <i>Party</i> BBQ Ribs Baked Potato Fire Roasted Corn Carribbean Slaw Melon	22 Cobb Salad Breadstick Cinnamon Roll	23 Chicken Pot Pie Brussel Sprouts Cucumber Salad Cake	24
25	26 Beer Brats Sauerkraut German Potato Salad Carrot Slaw Ice Cream	27 California Wrap Texas Caviar Tortilla Chips Root Beer Floats	28 Baked Chicken Mashed Potatoes Cheesy Cauliflower Tomato Salad Jello with Fruit	29 Pizza Broccoli Slaw Apple Crisp	30 Breaded Cod Tater Tots San Fran Blend Waldorf Salad Scone	31

PLEASE...CIRCLE THE MEALS YOU WANT

Please...Make reservations 24 hours in advance

This menu has been approved by Anna Mooi: Registered Dietician

* Items may be changed without notice. All substituted items meet or exceed USDA standards for RDA.

Bread & Milk Included with
every meal