

August

Enjoy a delicious lunch in the OPC Dining Room, Monday through Friday at 12:00 pm

Please call by 11:00 am the day before or for a meal on Monday call by 11:00 am on Friday. Call 248.656.1403 Ext 0 60 and Over - \$3 suggested donation | Under 60 - \$4 charge | Menu is subject to change based on availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BIRTHDAY LUNCH Thursday, August 1 11:45 am - 12:30 pm Seniors celebrating birthdays will receive a complimentary lunch. SIGN UP by 11 am on Wed, July 31 and identify yourself as a "Birthday Senior". Call 248-656-1403 Ext. 0.</p>			<p>1 BIRTHDAY LUNCH Chicken Florentine Oven Roasted Potatoes Peas Cole Slaw Peach Slices</p>	<p>2 Ham Salad Croissant Garden Salad w/Garbanzo Beans Pickled Beets Sliced Pineapple Croissant</p>
<p>5 Herbed Pork Chop Oven Roasted Potatoes Asparagus Shredded Cabbage Slaw Applesauce</p>	<p>6 Tuna Salad on Lettuce Cherry Tomatoes Cantaloupe Bran Muffin</p>	<p>7 Baked Cod Baked Potato Italian Blend Vegetable Broccoli Salad Sliced Pineapple</p>	<p>8 Ricotta Shells w/Meatsauce Green Beans Romaine Salad Fresh Orange</p>	<p>9 Turkey Breast w/Gravy Sweet Potatoes Normandy Vegetable Garden Salad Jello</p>
<p>12 Chicken Cavatappi Prince Charles Blend Romaine Salad Prunes</p>	<p>13 Vegetable Lasagna Broccoli Cuts Carrot Slaw Four-Fruit Salad</p>	<p>14 Meatloaf w/Gravy Mashed Potatoes Steamed Spinach Zucchini Cole Slaw Orange Sections</p>	<p>15 FEATURED LUNCH Tuna Tetrazzini Succotash Romaine Salad Apricots Lemon Meringue Pie</p>	<p>16 Chicken Broccoli Rice Casserole Whole Beets Garden Salad Fresh Pear</p>
<p>19 Pork Chop Creole Whole Potatoes European Blend Vegetables Carrots Ambrosia</p>	<p>20 Beef Pastie Three Bean Salad Broccoli Cuts Fresh Peach</p>	<p>21 Polish Sausage Baked Beans Cauliflower Salad Mixed Fruit</p>	<p>22 Sweet & Sour Meatballs Noodles Capri Blend Vegetables Vegetable Slaw Sliced Apple</p>	<p>23 Chicken Piquet w/Barley Pilaf Mixed Vegetables Broccoli Cuts Peach Halves</p>
<p>26 Stuffed Green Pepper Mashed Potatoes Brussel Sprouts Garden Salad Peach Slices</p>	<p>27 Glazed Chicken Rice Pilaf Italian Green Beans Crunchy Pea Salad Fresh Orange</p>	<p>28 Tuna Pasta Salad Three Bean Salad Cucumber Salad Watermelon Bran Muffin</p>	<p>29 Macaroni & Cheese Whole Beets Cabbage Slaw Apricots</p>	<p>30 Baked Cod Red Skin Potatoes Carrots Apple</p>

Older Persons' Commission • 650 Letica Drive • Rochester, MI • 48307 • 248.656.1403

The Senior Nutrition Program of the Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. **Contact information: www.aaa1b.org • 1.800.852.7795**