

# August



## Nutrition Menu

Lunch served at OPC Mon - Fri | Noon - 12:45 pm - Reservations required by 11 am the day prior- Call 248.659.1032

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2 Stuffed Pepper</b> Roasted Potatoes Carrots Apple Breadstick	<b>3 Chicken Tenderloin w/gravy</b> Red Skin Potatoes Broccoli Cuts Orange Sections Roll	<b>4 Turkey Burger w/Bun</b> Lettuce/Tomato Cucumber Salad Red Grapes	<b>5 Tuna Noodle Casserole</b> Caribbean Vegetable Garden Salad Apricots Bread	<b>6 Baked Ham</b> Sweet Potatoes Mixed Vegetables Banana Roll
<b>9 Beef Stroganoff</b> Broccoli Salad Savory Spinach Fruit Medley Whole Wheat Bread	<b>10 Creamy Chicken &amp; Vegetables</b> Whipped Potatoes Whole Green Beans/Salad Orange Sections Breadstick	<b>11 BBQ Chicken w/Bun</b> Broccoli Pasta Salad Marinated Carrot Salad Peach Halves	<b>12 Meatloaf w/Gravy</b> Red Skin Potatoes Garden Salad Normandy Vegetables Diced Pears Roll	<b>13 Turkey a la King w/Rice</b> Herbed Green Beans Vegetable Salad Gelatin Grain Roll
<b>16 Vegetable Lasagna</b> Zucchini Cole Slaw Grapes Whole Wheat Bread	<b>17 Sweet &amp; Sour Meatballs</b> Rice Key West Vegetable Oriental Salad Red Apple	<b>18 Chicken Divan</b> Chive Potatoes Whole Green Beans Romaine Salad Apple Sauce Breadstick	<b>19 Herbed Pork Loin</b> Oven Browned Potatoes Baby Carrots Fruit Salad Wheat Roll	<b>20 Baked Pollock</b> Roasted Potatoes Normandy Blend Veg. 100% Fruit Juice Whole Wheat Roll
<b>23 Grilled Pork Patty</b> European Blend Sweet Potatoes Cinnamon Apples Wheat Bread	<b>24 Lemon Chicken</b> Brown Rice Prince Charles Blend Garden Salad Sliced Peaches Roll	<b>25 Mexican Beef &amp; Bean Casserole</b> Romaine Salad Spinach Apricots Wheat Bread	<b>26 Pizza</b> Three Bean Salad Carrots Grapes	<b>27 Oven Baked Fish</b> Herbed Diced Potatoes Succotash Fruit Salad Whole Wheat Roll
<b>30 Macaroni &amp; Cheese</b> Beets Three Bean Salad Orange Corn Muffin	<b>31 Pork Patty w/Gravy</b> Red Skin Potatoes Peas Applesauce Wheat Bread	<div style="border: 2px solid orange; border-radius: 15px; padding: 10px; background-color: #e0e0e0;"> <p><b>COST OF LUNCH AT OPC:</b> 60 &amp; over - \$3 donation Under 60 - \$4 charge</p> </div>		



**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](http://www.aaa1b.org) • 1.800.852.7795**