

July

Lunch Menu at OPC

Enjoy a delicious lunch in the OPC Dining Room, Monday thru 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  BUILDING CLOSED	4 INDEPENDENCE DAY  BUILDING CLOSED	5 Bar B Q Chicken Broccoli Pasta Salad Marinated Carrot Salad Fruit Surprise	6 Turkey Burger Amish Cucumber Salad Sante Fe Salad Red Grapes	7 Spaghetti and Meatballs Italian and Green Beans Romaine Garden Salad w/Garbanzo Beans Glorified Fruit Salad
10 Beef Stroganoff Cauliflower/Broccoli Salad Savory Spinach Buttered Noodles Fruit Medley	11 Chicken Cutlet w/Gravy Mashed Potatoes Prince Charles Plums	12 Pizza Supreme Three Bean Salad Creamy Cole Slaw Red Apple Cookie	13 Macaroni & Cheese Romaine Garden Salad w/Garbanzo Beans Glorified Fruit Salad	14 Meatloaf w/Mushroom Gravy Red Skin Potatoes Roasted Brussel Sprouts Cantelope
17 Crispy Chicken Salad Baked Potato w/Sour Cream Asparagus Mixed Fruit Cup	18 Stuffed Cabbage Mashed Potatoes Carrot Fingers Fruit Salad	19 Turkey a la King Brown Rice Green Beans Pear Slices	20 Chicken w/Stuffing Whipped Potatoes Peas Tangerine	21 Macaroni & Beef Vegetable Salad Carribean Vegetable Blend Tangerine
24 American Chow Mein Cole Slaw w/Green Pepper Peas, Sugar Snap Tropical Fruit Salad	25 Chinese Beef Pepper Steak Key West Vegetable Blend Romaine Garden Salad w/Garbanzo Beans Brown Rice Banana	26 Chicken Monterey European Blend Whole Potatoes Hot Peaches Delight	27 Creamy Chicken Mixed Vegetables Spinach Romaine Salad Mixed Fruit	28 Sloppy Joe Italian Broccoli Salad Cookie Nectarine
31 Pollack Almondine Red Skin Potatoes Crunchy Pea Salad Tanjulin	HAPPY BIRTHDAY LUNCH Thur July 6 11:45 am - 12:30 pm Seniors celebrating birthdays will receive a complimentary lunch. PLEASE SIGN UP FOR LUNCH by 11 am on Wed, July 5 and identify yourself as a "Birthday Senior". Call 248-656-1403 ext. "0".			



Older Persons' Commission • 650 Leticia 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**