


August

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
BIRTHDAY LUNCH Thur August 3 11:45 am - 12:30 pm Seniors celebrating birthdays will receive a complimentary lunch. SIGN UP by 11 am on Wed. August 2	1 Italian Lasagna Spinach Romaine Salad Italian Cut Green Beans Fruit Cocktail	2 Baked Chicken w/ Mushroom Sauce Whipped Potatoes Spinach Casserole Apricots	3 Stuffed Green Pepper Whipped Potatoes Mixed Vegetables Pear Slices 	4 Tuna Pasta Salad Peas Mini Muffin Tomato Juice Fruited Gelatin
7 Baked Pollock Almondine Oven Browned Potatoes Peas and Carrots Citrus Fruit	8 Beef Pastie w/Gravy Capri Blend Garden Salad Fresh Pear	9 Creamy Chicken & Pasta Carribean Vegetable Blend Herb Bread Red Apple	10 Turkey Breast & Gravy Cranberry Jello w/Fresh Fruit Sweet Potatoes Prince Charles Blend	11 Swedish Meatballs Garlic Mashed Potatoes Cole Slaw Fruit Salad
14 Ricotta Shell w/Meat Sauce California Blend Romaine Garden Salad Coconut Fruit Salad	15 Vegetable Lasagna Broccoli Cuts Romaine Garden Salad Four-Fruit Salad	16 Ham Salad Croissant Fresh Salad Pickled Beets Sliced Pineapple	17 Chicken Broccoli Casserole Whole Beets Garden Salad Tangerine	18 Pizza Romaine Garden Salad Cucumber Salad Cookie Red Grapes
21 Tuskan Chicken Red Sklin Potatoes Spinach Peach Halves	22 Macaroni and Cheese Italian Blend Romaine Garden Salad Potato Bread Orange Sections	23 Tuna Salad on Lettuce Cherry Tomatoes Carrot Fingers Bran Muffin Canteloupe	24 Herbed Pork Loin Prince Charles Blend Oven Roasted Potatoes Herb Bread Applesauce	25 Chicken a la King Brown Rice Lettuce Romaine Spring Mix Herbed Green Beans Four-Fruit Salad
28 Bar B Que Chicken Herbed Green Beans Potato Salad Nectarine	29 Meat Loaf w/Gravy Mashed Potatoes Spinach Cole Slaw w/Green Pepper Healthy Fruit Salad	30 Chicken & Mandarin Salad Lettuce Salad Crescent Roll Tapioca Pudding	31 Turkey Florentine Oven Roasted Potatoes California Blend Pear Halves	

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**

