



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
BIRTHDAY LUNCH Thursday, August 2 11:45 am - 12:30 pm Seniors celebrating birthdays will receive a complimentary lunch. SIGN UP by 11 am on Weds, August 1 and Identify yourself as a "Birthday Senior". Call 248-656-1403 Ext. 0.	Thursday, August 2 11:45 am - 12:30 pm Seniors celebrating birthdays will receive a complimentary lunch. SIGN UP by 11 am on Weds, August 1 and Identify yourself as a "Birthday Senior". Call 248-656-1403 Ext. 0.	1 Chicken Florentine Oven Roasted Potatoes California Blend Cole Slaw Pear Halves	2 Birthday Lunch Ham Salad Croissant Fresh Garden Salad Pickled Beets Sliced Pineapple	3 Herbed Pork Loin Prince Charles Blend Oven Brownd Potatoes Vegetable Slaw Applesauce
6 Mostacioli w/Meatsauce European Blend Cabbage Slaw Pear Slices	7 Tuna Salad on lettuce Cherry Tomatoes Carrot Fingers Cantaloupe	8 Turkey Breast w/gravy Sweet Potatoes Asparagus Cranberry Jello w/fruit	9 Baked Cod Baked Potato Italian Blend Melon	10 Ricotta Shell w/Meatsauce Green Beans Romaine Salad Red Apple
13 Creamy Chicken & Pasta Carribean Blend Vegetable Slaw Ambrosia	14 Pork Chop Creole Succatosh Au Gratin Potatoes Garden Salad Fresh Pear	15 Roasted Vegetable Lasagna Broccoli Cuts Romaine Salad Four-Fruit Salad	16 Meatloaf w/gravy Mashed Potatoes Steamed Spinach Cole Slaw w/Green Pepper Orange Sections	17 Chicken Broccoli Casserole w/Rice Whole Beets Garden Salad Grapes
20 Baked Cod Whole Potatoes Mixed Vegetables Cabbage Slaw Applesauce	21 Beef Pastie Three Bean Salad Carrots Fresh Pear	22 Glazed Chicken Sliced Potatoes Cabbage Pineapple Slaw Dilled Carrots Peach Slices	23 Beef Stew w/Vegetable & Potato Crunchy Broccoli Salad Fresh Apple	24 Tuna Tetrazzini Green Beans Romaine Salad Apricots
27 Stuffed Green Pepper Oven Brownd Potatoes Brussel Sprouts Garden Salad Grapes	28 Sweet & Sour Meatballs Noodles Capri Blend Vegetable Slaw Fresh Blueberries	29 Polish Sausage on Bun Baked Beans Carrot Salad Garden Salad Mixed Fruit	30 Chicken Kiev French Cut Beans Cole Slaw w/Green Pepper Rye Bread Fresh Fruit Cup	31 Beef Chow Mein w/Noodles Green Peas Spinach Romaine Salad Orange

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**