

## **AUGUST LUNCH MENU**



### **Monday, August 4th**

Sack Lunch from CCS  
~Due to Vacation Bible School  
Being On-site~

### **Wednesday, August 6th**

Sack Lunch from CCS  
Eating at Ramon's house  
~Due to Vacation Bible School  
Being On-site~

### **Thursday, August 7<sup>th</sup> – BBQ Veteran's Park**

Grilled Sausage  
Baked Beans, Potato Salad  
Watermelon & Cookies

### **Monday, August 11th**

BBQ Chicken Salad  
Pasta Salad  
Green Beans  
Ice Cream W/ Pineapple Sauce

### **Tuesday, August 12<sup>th</sup>- Julie cooking**

Cold Pressed Salmon Fillet  
4-Cheese Mac  
Fresh Green Salad w/dill Vinaigrette  
Angel Food Cake w/Fresh Berries

### **Wednesday, August 13th**

Pork Chops w/ apples  
Cucumber, Tomato, Feta Salad  
Rice Pudding

### **Monday, August 18<sup>th</sup>**

Pork Luau & Rice  
Pineapple Coleslaw  
Hawaiian Roll  
Tropical Fruit Salad

### **Wednesday, August 20<sup>th</sup>**

Taco Bake Casserole  
Corn & Black Beans  
Melon

### **Monday, August 25th**

Beef Stir Fry  
Fried Rice w/ eggs  
Peas & Carrots  
Fortune Cookie  
Ice Cream Cup

### **Wednesday, August 27th**

Baked Cod  
Roasted Mediterranean Veggies  
Waldorf Salad  
Oatmeal Raisin Cookie

### **Thursday, August 28th**

POTLUCK

### **Tuesday Lunch Bunch**

*Every Tuesday a different local restaurant is identified for a no-host lunch. To participate, be at the Senior Center before 11:30am on Tuesday for possible carpooling or meet at designated restaurant at 11:45am.*

## ***Wisdom Wednesday Spotlight enjoyable/informational/educational***

### **Wednesday, August 13th**

**Karen Watson**

### **Lifestyle & Wellness Guide**

Workshop encouraging connection, purpose,  
and joy!

### **Wednesday, August 20th**

### **Brain Teasers ~ Family Feud**

Perk your brain up with this fun game & test of  
knowledge w/Aimee Wilkins from Continuum  
Care-Hospice

### **Wednesday, August 27th**

Bingo Birthday Party with singing, cake  
and Bingo!