

AUGUST 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Stuffed Cabbage Mashed Potato Carrots Ice Cream</p> <p>Can you Volunteer at our Clinton Café? Call Diane at 388-1611</p>	<p>3</p> <p>Chicken Rosemary Brown Rice Italian Green Beans Lemon Meringue Pie</p>	<p>4</p> <p>American Goulash Peas & Carrots Peaches</p>	<p>5</p> <p>Fish & Chips Stewed Tomatoes Apple</p> <p>8:45 am Nutrition for Busy People</p>	<p>6</p> <p>Lasagna Tossed Salad Butterscotch Pudding</p>
<p>9</p> <p>Manicotti w/sauce Zucchini Pears</p> <p>12:45 Snoring Seminar</p>	<p>10</p> <p>Beef Stew w/potato & mixed veggies Crushed Pineapple</p> <p>9:30 am Computer Class</p> <p>12:40 Dr. Houghton Skin Cancer Seminar</p>	<p>11</p> <p>Chicken Caesar Salad Tomato & Cheese Jell-o</p> <p>12:45 Stress Management</p>	<p>12</p> <p>Meatloaf w/gravy Roasted Potato Mixed Vegetables Fruit Shortcake</p>	<p>13</p> <p>Baked Fish of the day Mashed Potato Broccoli Banana</p> <p>5 pm Marshview Gallery Reception</p>
<p>16</p> <p>Salisbury Steak w/gravy Mashed Potatoes Winter Blend Veg. Sherbert</p>	<p>17</p> <p>BBQ Chicken Wild Rice Cauliflower Mandarin Oranges</p> <p>Cutoff for Friendship Dinner Get your tickets by 11 am!</p>	<p>18</p> <p>Sausage w/apples Mashed Potato Sonoma Blend Veg. Cookies</p> <p>Red Hats - see page 5</p>	<p>19</p> <p>Spaghetti & Meatballs Tossed Salad Fruit Cocktail</p> <p>8:45 am Nutrition for Busy People 1 pm Living Well Workshop</p>	<p>20</p> <p>Fish Sandwich Chocolate Pudding</p> <p>12:45 pm What should be in Your Will?</p>
<p>23</p> <p>Orange Baked Chicken Rice Pilaf Oriental Blend Veg. Peaches</p>	<p>24</p> <p>Estuary Burger on a roll Assorted Pies</p> <p>5 pm Friendship Dinner Get your tickets by 8/17!!</p>	<p>25</p> <p>Tilapia Baked Potato Spinach Orange</p>	<p>26</p> <p>Stuffed Shells w/sauce Tossed Salad Frosted cake</p> <p>1 pm Biggest Tomato Contest</p>	<p>27</p> <p>Roast Pork Sweet Potato Green Beans Applesauce</p> <p>Get your Autumn on the Dock Tickets Today!</p>
<p>30</p> <p>Chicken Dijon Brown Rice Broccoli Ice Cream</p>	<p>31</p> <p>Swedish Meatballs Egg Noodles Peas & Carrots Brownies</p>	<p>Lunch is served promptly at Noon.</p> <p>Reservations MUST be made <u>before 11 am, 24 hrs. in advance.</u> Call 860-388-1611. <i>Menu subject to change without notice.</i></p> <p>Lunch Cost: Age 60+ - \$2.50 suggested donator Under Age 60 - \$6.25. <i>Meals are supported by <u>Senior Resources Agency on Aging</u> with Title III funds available under the Older Americans Act.</i></p>		