

# August, 2013

Clay Senior Activity Center

681-0238

Linda Plummer & Beth Petty, Co-Directors

Mon	Tue	Wed	Thu	Fri
Center is open Monday-Friday 9:00-1:00 p.m.			1 Games	2 Devotional With Beth  Peach Surprise
5 Bridge and Games	6 Games 	7 Games	8 Health Notes With Linda 11:00	9 Show & Tell Bring pictures of Your Childhood
12 <u>Health Notes</u> Bridge and Games	13 Games	14 Chinese American Buffet Lisa's Kitchen 	15 Games	16 Games
19 <u>Bridge &amp; Games</u> Your Wedding Anniversary Celebration! 	20 Games	21 Games 	22 Games Free Frosty for Everyone !! 	23 Games
26 Bridge and Games	27 Games	28 Games with Belinda <u>OR</u> Deal or No Deal!	29 Games	30 Trip to the Pie Lab & Magnolia Grove Antebellum Home in Greensboro (see sign-up sheet for more info) 

## ADSS NUTRITION PROGRAM

SUMMER 2013

AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Menu 4 Cranberry Juice Spaghetti Casserole Italian Green Beans Tossed Salad/Ranch Dressing Wheat Breadstick Margarine Vanilla Graham Cookie Milk	Menu 5 Smoked Sausage Red Beans & Rice Broccoli Sliced Peaches Hot Dog Bun Diced Onions Mustard Yellow Cake Milk
Menu 6 Cranberry Juice Beef Fingers(3)/Brown Gravy Buttered Rice Mixed Vegetables Whole Wheat Bread Margarine Pineapple Tidbits Milk	Menu 7 Blended Juice BBQ Rib Patty Butter Beans Broccoli & Carrots Hamburger Bun Oatmeal Crème Pie Milk	Menu 8 Chicken/Tortilla Dumplings Cold Country Tomatoes Country Vegetables Fresh Fruit Wheat Bread Margarine Chocolate Cake Milk	Menu 9 Orange/Pineapple Juice Sliced Turkey/Gravy Whipped Sweet Potatoes Turnip Greens Cornbread Margarine Chocolate Pudding Milk/Buttermilk	Menu 10 <b>Taco Salad:</b> Taco Meat Taco Salad Mix Pinto Beans Corn Chips Taco Sauce Raspberry Gelatin Milk/Chocolate Milk
Menu 11 Orange/Pineapple Juice Beef Tips w/ Rice Green Peas w/Red Peppers Okra & Tomatoes Wheat Bread Margarine Raisin Crème Pie Milk <b>Alt: Stuffed Pepper Casserole</b>	Menu 12 Apple Cherry Juice Hot Dog/Bun Baked Beans Coleslaw/carrots Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk	Menu 13 BBQ Meatballs (3 each) Whole Kernel Corn Fiesta Vegetables Fresh Fruit Wheat Bread Margarine Strawberry Gelatin Milk	Menu 14 Honey Mustard Chicken Strips(3 each) Delmonico Potatoes Buttered Carrots Peaches/Pineapple Whole Wheat Bread <b>Birthday Cake</b> Margarine Milk	Menu 15 Orange Juice Meatloaf/Brown Gravy Purple Hull Peas Mixed Greens Cornbread Margarine Lemon Pudding Milk/Buttermilk
Menu 16 Apple Juice Grilled Pork/Gravy Country Potatoes Brussels Sprouts Whole Wheat Bread Margarine Strawberry Cake Milk	Menu 17 Honey BBQ Chicken Breast Brown Rice Mustard Greens Marinated Slaw Cornbread Margarine Oats & Honey Graham Cookie Milk/Buttermilk	Menu 18 Blended Juice Ham & White Beans Peas & Carrots Rutabagas Wheat Bread Margarine Sugar Cookies-2 each Milk	Menu 19 Hamburger/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk	Menu 20 Grape Juice Chicken Parmesan Green Beans Fresh Fruit Wheat Breadstick Margarine Orange Gelatin Milk
Menu 1 Orange Juice Chicken Alfredo Glazed Carrots Whole Kernel Corn Whole Wheat Bread Margarine Fig Bar Milk	Menu 2 Swiss Steak White Rice Green Peas Fresh Fruit Wheat Roll Margarine Cherry Gelatin Milk	Menu 3 Tomato Juice <b>Vegetable Plate:</b> Macaroni & Cheese Black Eyed Peas Collard Greens Cornbread Margarine Chocolate Chip Cookies - 2 Milk/Buttermilk	Menu 4 Cranberry Juice Spaghetti Casserole Italian Green Beans Tossed Salad/Ranch Dressing Wheat Breadstick Margarine Vanilla Graham Cookie Milk	Menu 5 Smoked Sausage Red Beans & Rice Broccoli Sliced Peaches Hot Dog Bun Diced Onions Mustard Yellow Cake Milk