

July, 2013

Clay Senior Activity Center

681-0238

Linda Plummer & Beth Petty, Co-Directors

Mon	Tue	Wed	Thu	Fri
1 Bridge and Games	2 Games	3 Out to Eat For 4th of July BBQ 	4 Center Closed	5 Center Closed
8 Bridge and Games	9 Games 	10 Games	11 Health Notes With Linda 11:00	12 Library time with Joy at 10:00 Morning Devotional With Beth 11:00
15 Health Notes Bridge and Games	16 Games	17 Advisory Committee Meeting 1:00	18 Games	19 National Cheesecake Day Celebration After Hours - \$1.00 
22 Bridge and Games	23 Games 	24 Games With Belinda	25 Games	26 Games
29 Special Fellowship 1:00 p.m. 	30 Games	31 Games		Center is open Monday-Friday 9-1:00 p.m.

JULY

Noon Menu
ADSS NUTRITION PROGRAM

SUMMER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu 1 1 Orange Juice Chicken Alfredo Glazed Carrots Whole Kernel Corn Whole Wheat Bread Margarine Fig Bar Milk	Menu 2 2 Swiss Steak White Rice Green Peas Fresh Fruit Wheat Roll Margarine Cherry Gelatin Milk	Theme Menu 3 Apple Cherry Juice Honey BBQ Chicken Breast Baked Beans Coleslaw Texas Bread Margarine Banana Pudding w/Wafers Milk <i>15 picnics</i>	4 CENTERS CLOSED	5 CENTERS CLOSED
Menu 6 8 Cranberry Juice Beef Fingers(3)/Brown Gravy Buttered Rice Mixed Vegetables Whole Wheat Bread Margarine Pineapple Tidbits Milk	Menu 7 9 Blended Juice BBQ Rib Patty Butter Beans Broccoli & Carrots Hamburger Bun Oatmeal Crème Pie Milk	Menu 8 10 Chicken/Tortilla Dumplings Cold Country Tomatoes Country Vegetables Fresh Fruit Wheat Bread Margarine Birthday Cake Milk	Menu 9 11 Orange/Pineapple Juice Sliced Turkey/Gravy Whipped Sweet Potatoes Turnip Greens Cornbread Margarine Chocolate Pudding Milk/Buttermilk	Menu 10 12 Taco Salad: Taco Meat Taco Salad Mix Pinto Beans Corn Chips Taco Sauce Raspberry Gelatin Milk/Chocolate Milk
Menu 11 15 Orange/Pineapple Juice Beef Tips w/ Rice Green Peas w/Red Peppers Okra & Tomatoes Wheat Bread Margarine Raisin Crème Pie Milk Alt: Stuffed Pepper Casserole	Menu 12 16 Apple Cherry Juice Hot Dog/Bun Baked Beans Coleslaw/carrots Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk	Menu 13 17 BBQ Meatballs (3 each) Whole Kernel Corn Fiesta Vegetables Fresh Fruit Wheat Bread Margarine Strawberry Gelatin Milk	Menu 14 18 Honey Mustard Chicken Strips(3 each) Delmonico Potatoes Buttered Carrots Peaches/Pineapple Whole Wheat Bread Chocolate Cake Margarine Milk	Menu 15 19 Orange Juice Meatloaf/Brown Gravy Purple Hull Peas Mixed Greens Cornbread Margarine Lemon Pudding Milk/Buttermilk
Menu 16 22 Apple Juice Grilled Pork/Gravy Country Potatoes Brussels Sprouts Whole Wheat Bread Margarine Strawberry Cake Milk	Menu 17 23 Honey BBQ Chicken Breast Brown Rice Mustard Greens Marinated Slaw Cornbread Margarine Oats & Honey Graham Cookie Milk/Buttermilk	Menu 18 24 Blended Juice Ham & White Beans Peas & Carrots Rutabagas Wheat Bread Margarine Sugar Cookies-2 each Milk	Menu 19 25 Hamburger/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk	Menu 20 26 Grape Juice Chicken Parmesan Green Beans Fresh Fruit Wheat Breadstick Margarine Orange Gelatin Milk
Menu 1 29 Orange Juice Chicken Alfredo Glazed Carrots Whole Kernel Corn Whole Wheat Bread Margarine Fig Bar Milk	Menu 2 30 Swiss Steak White Rice Green Peas Fresh Fruit Wheat Roll Margarine Cherry Gelatin Milk	Menu 3 31 Tomato Juice Vegetable Plate: Macaroni & Cheese Black Eyed Peas Collard Greens Cornbread Margarine Chocolate Chip Cookies -2 Milk/Buttermilk		