



August 2014



Clay Senior Activity Center

681-0238

Linda Plummer & Beth Petty, Co-Directors

Mon	Tue	Wed	Thu	Fri
<p>August birthdays in Red</p> 	<p>Center is open Monday-Friday 9 a.m.—1 p.m.</p>			<p>1</p> <p>Games</p> <p>2nd-Aylia Shadix 3rd-Beth Petty</p>
<p>4</p> <p>Bingo & Bridge</p>	<p>5</p> <p>Games</p> 	<p>6 Devotion with Beth 11:15</p>  <p>Games</p>	<p>7</p> <p>Games</p> <p>Nutritional Information</p>	<p>8 Patsy Kanter, RN (Blood pressure checks) 10:00</p>  <p>Bob Peacock 10th-Ottis Murphy</p>
<p>11 Bingo and Bridge</p> <p>Nutritional Information</p>	<p>12</p> <p>Games</p>	<p>13 Games</p> <p>Lunch at</p> 	<p>14</p> <p>Games</p>	<p>15</p> <p>Games</p> 
<p>18</p> <p>Bingo and Bridge</p>  <p>Betty Demsky</p>	<p>19</p> <p>Games</p>	<p>20</p> <p>Games</p> <p>Nutritional Information</p>	<p>21</p>  <p>Yogurt Mountain</p>	<p>22</p> <p>Games</p>
<p>25</p> <p>Bingo & Bridge</p>	<p>26</p> <p>Games</p> <p>Nutritional Information</p> 	<p>27</p> <p>Games</p>	<p>28</p>  <p>Games</p>	<p>29 Lunch at</p> 

AUGUST

ADSS NUTRITION PROGRAM

SUMMER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Menu 5 Grape Juice Spaghetti Casserole Green Beans Tossed Salad/Ranch Dressing Wheat Breadstick Margarine Vanilla Graham Cookie Milk
Menu 6 Cranberry Juice Beef Fingers(3)/Brown Gravy Buttered Rice Confetti Carrots Whole Wheat Bread Margarine Oats & Honey Graham Cookie Milk	Menu 7 Blended Juice BBQ Rib Patty Butter Beans Summer Vegetables Wheat Bread Margarine Oatmeal Crème Pie Milk	Menu 8 Chicken Broccoli Rice Casserole Cabbage Cold Country Tomatoes Fresh Fruit Wheat Bread Margarine Yellow Cake Milk	Menu 9 Orange/Pineapple Juice Sliced Turkey/Gravy Whipped Sweet Potatoes Mustard Greens Cornbread Margarine Chocolate Pudding Milk/Buttermilk	Menu 10 Taco Salad: Taco Meat Taco Salad Mix Pinto Beans Corn Chips Taco Sauce Raspberry Gelatin Milk/Chocolate Milk
Menu 11 Apple Juice Grilled Pork Patty/Brown Gravy Country Potatoes Mixed Vegetables Whole Wheat Bread Margarine Raisin Crème Pie Milk	Menu 12 Grape Juice Hot Dog/Bun Baked Beans Coleslaw/carrots Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk	Menu 13 Teriyaki Meatballs (3) Buttered Rice Broccoli and Carrots Fresh Fruit Wheat Bread Margarine Strawberry Gelatin Milk <i>Picnics</i>	Menu 14 BBQ Chicken Diced Brussels Sprouts Four Seasons Blend Sliced Peaches Hamburger Bun BirthDay Cake Milk	Menu 15 Orange Juice Meatloaf/Brown Gravy Delmonico Potatoes Mixed Greens Cornbread Margarine Lemon Pudding Milk/Buttermilk
Menu 16 Orange/Pineapple Juice Beef Tips/Rice Green Peas/Diced Red Peppers Okra & Tomatoes Wheat Bread Margarine Lemon Cake Milk	Menu 17 Baked Chicken Thigh Whipped Potatoes Spinach Green Bean Salad Wheat Bread Margarine Fig Bar Milk	Menu 18 Hamburger/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk	Menu 19 Grape Juice Ham & White Beans California Vegetables Macaroni Salad Cornbread Margarine Sugar Cookies-2 Milk/Buttermilk	Menu 20 Blended Juice Chicken Parmesan Whole Wheat Pasta Italian Green Beans/Red Peppers Wheat Breadstick Margarine Orange Pineapple Gelatin Milk
Menu 1 Orange Juice Swiss Steak Whipped Potatoes Green Peas Wheat Bread Margarine Natty Buddy Milk	Menu 2 Chicken Alfredo Country Corn Broccoli/Carrots Fresh Fruit Wheat Roll Margarine Chocolate Cake Milk Alternate: Chicken Cordon Bleu Casserole	Menu 3 Tomato Juice Vegetable Plate: Macaroni & Cheese Black-eyed Peas Collard Greens Cornbread Margarine Chocolate Chip Cookies - 2 Milk/Buttermilk	Menu 4 Smoked Sausage Red Beans & Rice Country Vegetables Fresh Fruit Hot Dog Bun Diced Onions Mustard Cherry Gelatin Milk	Menu 5 Grape Juice Spaghetti Casserole Green Beans Tossed Salad/Ranch Dressing Wheat Breadstick Margarine Vanilla Graham Cookie Milk <i>Picnics</i>