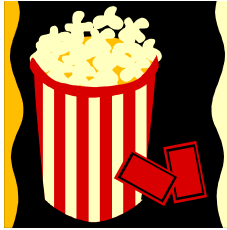




# August, 2012

Senior Activity Center, Clay, AL

681-0238

Linda Love, Director

Mon	Tue	Wed	Thu	Fri
 		1 Games Exercise	2 Games 	3 Games <b>B'day celebration for Linda P. and Beth P.</b>
6 <b>CARNIVAL DAY</b> Fun carnival type games Cotton candy Ray The Banjo Clown Corn dogs for lunch	7 Games and More	8 Games Exercise 	9 Games <b>Laughter time with Linda P.</b> Ha Ha Ha	10 Games
13 Games Bingo <b>Bible trivia with Beth</b>	14 Games and More 	15 Games <b>Morning ride to Homewood to get a Popsicle of a different flavor</b>	16 Games	17 Games <b>Roll-up sandwiches for lunch with variety of sides</b>
20 Games Bingo <b>Mike Booth and his band to play for us today.</b>	21 Games and More <b>Greg Carroll from Carroll Pharmacy to speak to us "Old Tyme Meds"</b>	22 Games Exercise <b>Penny Auction with Belinda-Bring pennies</b>	23 Games Trivia	24 Games <b>Thrift Store shopping today</b>
27 Games and Bingo <b>Morning ride with tour guide to interesting parts of Birmingham. Lunch at John's downtown</b>	28 <b>CLOSED TODAY FOR MAYORAL ELECTION</b> 	29 Games Exercise	30 Games <b>Bingo For All</b> 	31 Games

ADSS NUTRITION PROGRAM

AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<u>Menu 3</u> 1 Tomato Juice <b>Vegetable Plate:</b> Macaroni & Cheese Black Eyed Peas Collard Greens Cornbread Margarine Oatmeal Crème Pie Milk/Buttermilk	<u>Menu 4</u> 2 Swiss Steak Garlic Whipped Potatoes Green Peas Fresh Fruit Wheat Roll Margarine Cherry Gelatin Milk	<u>Menu 5</u> 3 Orange Juice Chicken Patty/Biscuit Gravy Yellow Rice Parslied Carrots Multigrain Bread Margarine Gingerbread Cookie Milk
<del><u>Menu 6</u> 6 Grape Juice Meatloaf/Brown Gravy Delmonica Potatoes Mixed Vegetables Wheat Bread Margarine Pineapple Tidbits Milk</del>	<u>Menu 7</u> 7 Blended Juice BBQ Rib Patty/Bun Butter Beans Broccoli & Carrots Chocolate Marshmallow Pie Milk	<u>Menu 8</u> 8 Stuffed Pepper Casserole Scalloped Tomatoes Country Vegetables Fresh Fruit Wheat Bread Margarine Chocolate Cake Milk <b>Alternate: Chicken with Tortilla Dumplings</b>	<u>Menu 9</u> 9 <b>Taco Salad:</b> Taco Meat Taco Salad Mix Pinto Beans Corn Chips Taco Sauce Raspberry Gelatin Milk/Chocolate Milk	<u>Menu 10</u> 10 Cranberry Juice Sliced Turkey/Gravy Whipped Sweet Potatoes Turnip Greens Cornbread Margarine Cranberry Sauce Lemon Pudding Milk/Buttermilk
<u>Menu 11</u> 13 Orange/Pineapple Juice Braised Beef/Noodles Green Peas Cold Country Tomatoes Wheat Bread Margarine Raisin Crème Pie Milk	<u>Menu 12</u> 14 Apple Cherry Juice Hot Dog/Bun Baked Beans Coleslaw/carrots Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk	<u>Menu 13</u> 15 Beef Fingers(3)/Brown Gravy Buttered Rice Fiesta Vegetables Fresh Fruit Wheat Bread Margarine Strawberry Gelatin Milk	<u>Menu 14</u> 16 BBQ Meatballs(3) Ranch Beans Cabbage and Greens Sliced Peaches Cornbread Margarine Yellow Cake Milk/Buttermilk	<del><u>Menu 15</u> 17 Blended Juice Chicken/Broccoli/Rice Casserole Green Beans Rutabagas Multigrain Bread Margarine Nutty Buddy Bar Milk</del>
<u>Menu 16</u> 20 Apple Juice Grilled Pork Patty/Brown Gravy Whipped Potatoes Summer Vegetables Multigrain Bread Margarine Lemon Cake Milk	<u>Menu 17</u> 21 Italian Macaroni Casserole Green Beans Marinated Slaw Fresh Fruit Wheat Bread Margarine Fudge Brownie Milk	<u>Menu 18</u> 22 Cranberry Juice BBQ Chicken Breast Mixed Beans Mustard Greens Cornbread Margarine Orange Gelatin Milk/Buttermilk	<u>Menu 19</u> 23 Orange/Pineapple Juice Smoked Sausage/Bun Northern Beans Garden Vegetables Ketchup/Mustard Chocolate Pudding Milk	<u>Menu 20</u> 24 Hamburger/Bun Baked Beans Potato Salad Lettuce/Onion/Tomato Ketchup/Mustard/Mayonnaise Hot Peach Crisp Milk/Chocolate Milk
<del><u>Menu 1</u> 27 Orange Juice Ham &amp; Potato Casserole Glazed Carrots Whole Kernel Corn Wheat Bread Margarine Fig Bar Milk</del>	<del><u>Menu 2</u> 28 Meatballs(3)/Spaghetti Sauce Penne Pasta Italian Vegetables Tossed Salad/Ranch Dressing Wheat Bread Margarine Birthday Cake Milk</del>	<u>Menu 3</u> 29 Tomato Juice <b>Vegetable Plate:</b> Macaroni & Cheese Black Eyed Peas Collard Greens Cornbread Margarine Oatmeal Crème Pie Milk/Buttermilk	<u>Menu 4</u> 30 Swiss Steak Garlic Whipped Potatoes Green Peas Fresh Fruit Wheat Roll Margarine Cherry Gelatin Milk	<u>Menu 5</u> 31 Orange Juice Chicken Patty/Biscuit Gravy Yellow Rice Parslied Carrots Multigrain Bread Margarine Gingerbread Cookie Milk