

August



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Stuffed Cabbage Garlic Mashed Potato Carrots Garden Salad Peaches Bread	4 Meatloaf w/Gravy Oven Browned Potatoes Salad Mexican Corn Fruit Salad Dinner Roll	5 Ham Low Sodium Scalloped Potatoes Capri Blend Vegetable Tapioca Pudding Bread	6 Chicken Cutlet w/Gravy Roasted Potatoes Mixed Vegetables Apple Dinner Roll	7 Tuna Pasta Salad Shredded Lettuce Pickled Beets Orange Mini Muffin
10 Sweet & Sour Chicken Brown Rice Oriental Vegetable Cole Slaw Apricots/Dinner Roll	11 Bratwurst German Potato Salad Sauerkraut Apple Bun	12 Spaghetti w/Meatballs Broccoli Cuts Garden Salad Pear Halves Bread	13 Ham Salad Garden Salad Pickled Beets Sliced Pineapple Croissant	14 Herb Baked Chicken Mashed Potatoes Asparagus Cabbage Slaw Cinnamon Apples/Bread
17 Smothered Pork Cutlet Sweet Potatoes Carrots Fresh Fruit Cup Whole Wheat Bread	18 Chicken Lasagna Green Beans Beet Salad Apricots Dinner Roll	19 Turkey w/Gravy Garlic Mashed Potatoes Peas Garden Salad Pear Dinner Roll	20 Mostaccioli w/Meat Italian Blend Vegetable Cabbage Slaw Grapes Wheat Bread	21 Baked Cod Rosemary Potatoes Broccoli Cuts Apricots Wheat Bread
24 Macaroni & Cheese Baby Beets Vegetable Slaw Sliced Peaches Corn Muffin	25 Stuffed Green Pepper Mashed Potatoes Garden Salad Tropical Fruit Salad Wheat Bread	26 Ham Low Sodium Au Gratin Potatoes Broccoli Cuts Orange Dinner Roll	27 Pork Chop Creole Roasted Potatoes Brussels Sprouts Applesauce Whole Wheat Bread	28 Swedish Meatballs Mashed Potatoes Scandinavian Blend Blushing Pear Halves Dinner Roll
31 Vegetable Lasagna Green Beans Vegetable Slaw Apple Wheat Bread		JOIN US FOR LUNCH! Lunch is served at OPC Mon - Fri at NOON Reservations required - Call 248.659.1032 by 11 am the day prior COST: 60 & over - \$4 donation Under 60 - \$5 charge		

OPC | 650 Letica Drive | Rochester, MI | 48307 248.656.1403

The Senior Nutrition Program of AgeWays is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. Contact information: www.AgeWays.org • 1.800.852.7795

- - - Meals are subject to change based on availability - - -