

**ANTELOPE VALLEY SENIOR CENTER (530) 495-2323**  
**AUGUST 2017**

**\*\* Please call 24 hrs in advance to reserve your meal\*\***

*Substitutions May Occur*

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Honey Dijon Chicken Tuscan Veggies Bran Muffin Fresh Orange	2 Chile Relleno Wild Rice Green Salad Mango/Cream	3 French Dip Fries Carrot Salad Tropical Fruit Ice Cream	4 Lemon Cod Fish Couscous & Quinoa Sugar Snap Peas Muffin Fresh Kiwi
7 Ham & Cheese Sandwich Chips 3 Bean Salad Fruit Cocktail	8 <b>COMMODITIES</b> Stuffed Turkey Peppers Corn Bread Carrots Pineapple	9 Hawaiian Chicken Oriental Veggies Brown Rice Pears Blueberry Muffin	10 Shrimp Louie Salad Cheddar Biscuit Peaches / Cottage Cheese	11 <b>BINGO</b> BBQ Pull Pork Sandwich Potato Salad Salad Bar Strawberries
14 Baked Potato W/ Chili Malibu Veggies Apricot Pineapple Muffin	15 Chicken Parmesan Broccoli Salad Herb Bread Roll Fruit Cocktail	16 Beef Burrito w/ Rice & Beans Mexican Coleslaw Citrus Salad	17 Lemon Tilapia Herb Noodles Roast Veggies Fresh apple Peach Cobbler	18 Pork & Salsa Roja Rice Mixed Veggies Grapes
21 Beef Tacos Refried Beans Cactus salad Watermelon	22 Seafood Pasta Salad Beets Bran Muffin Banana/ Pudding	23 <b>BIRTHDAY PARTY</b> Meat Spaghetti Garlic Bread Green Salad Cake/Pineapple	24 <b>FOOD BANK</b> Veggie Sandwich Potato Salad Peanut Butter Cookie Orange Mandarin	25 <b>BINGO</b> Chicken Fried Steak w/Gravy Mash Potatoes Hawaiian Roll Green Beans Melon
28 Chicken Broccoli Casserole Berries & Yogurt Zucchini Bread	29 Chicken Divan Spinach Salad Cheddar Biscuit Apricot	30 Sloppy Joes French Fries Coleslaw Mango	31 Sausage Lasagna Herb bread Roll 3 Beans Salad On Greens Tropical Fruit	

**Suggested Donation for Seniors Dining-In is \$ 2.00 per meal. Fixed fee for Non-Senior or any order packed "TO GO" is \$ 4.50 per meal.**