



# AUGUST 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>++</p> <p><b>Lunch is served @ 12:00 noon</b> <b>Seniors 60+ and spouse of any age</b> <b>Suggested Donation \$1.75</b> <b>Non-seniors \$2.50</b></p> <p><i>All eligible participants must register</i></p>		<p><i>"Be Well" begins</i> <i>Aug. 6</i> <i>Every Tuesday at</i> <i>Palomares Park</i> Nutrition talks: 10AM - 11AM Exercise: 11AM-12PM</p> <p>Nutritious Lunch: 12PM Noon</p>	<p><b>1 CHICKEN ENCHILADA CASSEROLE</b> Spanish Rice Lettuce &amp; Tomato Salad Pinto Beans Melon Medley Flour tortilla (in entrée)</p>	<p><b>2 BAKED FISH W/ CRUMB TOPPING OR CHILI MACARONI</b> Green Beans Potato Wedges Marinated Tomato, Green Pepper &amp; Onion Salad Apple Corn Bread</p>
<p><b>5 TERIYAKI CHICKEN</b> Orange Juice Brown Rice Carrot Coins Cucumber Salad Lemon Cake Whole Wheat Bread <b>WPK Blood Pressure Screening</b></p>	<p><b>6 STEAK PICADO</b> Baked Potato Broccoli Vegetables Spinach Salad Citrus Fruit Cup Whole Grain Bread</p>	<p><b>7 CHICKEN SALAD</b> Grape Juice Pasta Salad Coleslaw Oatmeal Cookies Whole Grain Bread</p>	<p><b>8 CHILI EGG PUFF</b> Lentil Soup Barley Pilaf Normandy Vegetables Sunshine Salad Cinnamon Spiced Apples Corn Bread</p>	<p><b>9 BAKED FISH W/ SUMMER VEG. OR ROAST PORK</b> Harvard Beets Mashed Potatoes Confetti Coleslaw Banana Whole Grain Bread</p>
<p><b>12 MEATLOAF</b> Cauliflower Mashed Potatoes Green Bean Salad Pineapple Chunks Wheat Bread</p>	<p><b>13 CHICKEN PARMESAN</b> Veg. Barley Soup Buttered Spaghetti Mixed Vegetables Combination Salad Orange Whole Grain Bread <b>Senior Advisory Mtg. @ PPK @ 9a.m.</b></p>	<p><b>14 BEEF FAJITAS</b> Apple Juice Spanish Rice Pinto Beans Coleslaw Peanut Butter Cookie Flour Tortilla</p>	<p><b>15 TURKEY A LA KING</b> Cream of Celery Soup Buttered Noodles Broccoli Carrot &amp; Raisin Salad Banana Corn Bread <b>PPK Luau w/ Rex Barry!</b></p> 	<p><b>16 BAKED FISH W/ CRUMB TOPPING OR CHILI EGG CASSEROLE</b> Orange Juice Parsley Carrots Oven Roasted Potatoes Tossed Salad Chocolate Pudding Whole Grain Bread</p>
<p><b>19 BAKED HERB CHICKEN</b> Orange Juice Rice Pilaf Brussels Sprouts &amp; Carrots Combination Salad Tapioca Pudding Wheat Bread</p>	<p><b>20 SPINACH QUICHE</b> Minestrone Soup Green Beans Lettuce &amp; Tomato Salad Citrus Fruit Whole Grain Bread</p>	<p><b>21 OVEN BROWN CHICKEN</b> Navy Bean Soup Broccoli Sweet Potato Three Bean Salad Gingered Pears Biscuit</p>	<p><b>22 BEEF STEW</b> Stew Vegetables Boiled Potatoes Confetti Cabbage Slaw Seasonal Fruit Whole Grain Bread <b>PPK Blood Pressure Screening</b></p>	<p><b>23 FISH W/LEMON SAUCE OR PORK ROAST</b> Brown Rice Succotash Marinated Tomato, Green Pepper &amp; Onion Salad Apple Crisp Wheat Bread</p>
<p><b>26 SLICED ROAST BEEF SANDWICH</b> Chicken Rice Soup Potato Salad w/ Shredded Carrots Green Salad w/ Tomato Wedge Orange French Roll</p>	<p><b>27 CREOLE CHICKEN</b> Vegetable Soup Peas &amp; Carrots Potato Wedges Coleslaw Banana Whole Grain Roll</p>	<p><b>28 VEGETABLE LASAGNA+</b> Orange Juice Green Beans &amp; Corn (in entrée) Spinach Salad Oatmeal Cookie French Bread</p>	<p><b>29 SWEET &amp; SOUR CHICKEN</b> Chicken Noodle Soup Brown Rice Chinese Veg. Blend Green Salad w/ Mushrooms Cantaloupe Wheat Bread</p>	<p><b>30 BAKED FISH W/ TARTAR SAUCE OR ROAST BEEF</b> Apple Juice Broccoli Mashed Potato Carrot &amp; Pineapple Salad Birthday Cake Whole Grain Bread <b>ALL SITES BDAY PARTY!!!</b></p> 

+High Sodium Entrée

**Emerson Village (EV)**  
**755 N Palomares**  
**(909) 623-0820**  
**10:00am-2:00pm**

**Washington Park (WPK)**  
**865 E Grand Ave**  
**(909) 620-2305**  
**9:00am-1:30pm**

**Palomares Park (PPK)**  
**499 E Arrow Hwy**  
**(909) 620-2324**  
**10:00am-2:00pm**