**August 2021 Fairmont & Exeter Senior Centers 402.268.2831**

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| **2** Beef & Cabbage Bake  Glazed Carrots  Red Grapes | **3** Beef Enchiladas  Pintos & Cheese  Lettuce Salad  Pears  **Pot Luck Dinner** | **4** Beef & Noodles  Mashed Potatoes  Green Beans  Watermelon | **5** Liver & Onions  Macaroni & Cheese  Broccoli  Peaches | **6** Tilapia Filet  Baked Potato  Spinach Salad  Cantaloupe |
| **9** BLT’s  BBQ Potato Chips  Cottage Cheese  Strawberries  **Board Meeting 6p.m.** | **10** Meatloaf  Red Potatoes  Peaches  Chocolate Cake | **11** Cheesy Spinach  Chicken Breast  Alfredo Pasta  Broccoli  Apricots | **12** Pork Cutlet  Broccoli  Tomato Wedges  Applesauce | **13** Chicken Strips  Potatoes & Gravy  Garden Salad  Red Grapes |
| **16** Beef Cube Steak  Macaroni & Cheese  Peas  Apricots | **17** Beef & Onion Pizza  Tossed Salad  Pineapple Chunks  Garlic Bread    **Foot Clinic at 1 p.m.** | **18** Chicken Alfredo  Over Pasta  Broccoli  Peaches | **19** French Toast  Cheesy Ham & Eggs  Tomato Juice  Tropical Fruit  **Blood Pressure Clinic**  **Program:** **Rob Czaplewski**  **“Anxiety Care”** | **20** Lemon Pepper Salmon  Sweet Potato Tots  Green Beans  Banana |
| **23** Honey Mustard Chicken  Potato Salad  Cole Slaw | **24** Swiss Steak  Baked Potato  Cottage Cheese  Peaches | **25** Pineapple Pork Chops  Brown Rice & Beans  Tomato Wedges  Banana | **26** Porcupine Meatballs  Alfredo Pasta  Green Beans  Pineapple  **Birthday Dinner & Games** | **27** Stir Fry Chicken &  Asparagus  Black Beans & Rice  Strawberries |
| **30** Beefy Chili Mac  Cheese & Crackers  Celery & Carrot Sticks  Green Grapes | **31** BBQ Chicken  Creamy Cucumber Salad  Baked Beans  Orange |  | **MENU SUBJECT**  **TO CHANGE** | **BREAD & MILK**  **AVAILABLE!!!!**  **Meal Reservations by**  **9:30 a.m. daily please** |