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

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| Monday  | Tuesday | Wednesday | Thursday | Friday |
| **2** Beef & Cabbage BakeGlazed CarrotsRed Grapes | **3** Beef EnchiladasPintos & CheeseLettuce SaladPears**Pot Luck Dinner** | **4** Beef & NoodlesMashed PotatoesGreen BeansWatermelon | **5** Liver & OnionsMacaroni & CheeseBroccoliPeaches | **6** Tilapia Filet Baked PotatoSpinach SaladCantaloupe  |
| **9** BLT’sBBQ Potato ChipsCottage CheeseStrawberries**Board Meeting 6p.m.** | **10** MeatloafRed PotatoesPeachesChocolate Cake | **11** Cheesy Spinach  Chicken Breast Alfredo PastaBroccoliApricots | **12** Pork CutletBroccoliTomato WedgesApplesauce | **13** Chicken StripsPotatoes & GravyGarden SaladRed Grapes |
| **16** Beef Cube SteakMacaroni & CheesePeasApricots | **17** Beef & Onion Pizza Tossed SaladPineapple ChunksGarlic Bread **Foot Clinic at 1 p.m.**  | **18** Chicken Alfredo Over PastaBroccoliPeaches | **19** French ToastCheesy Ham & EggsTomato Juice Tropical Fruit**Blood Pressure Clinic****Program:** **Rob Czaplewski****“Anxiety Care”** | **20** Lemon Pepper SalmonSweet Potato TotsGreen BeansBanana |
| **23** Honey Mustard ChickenPotato SaladCole Slaw | **24** Swiss SteakBaked PotatoCottage CheesePeaches | **25** Pineapple Pork ChopsBrown Rice & BeansTomato WedgesBanana  | **26** Porcupine MeatballsAlfredo PastaGreen BeansPineapple**Birthday Dinner & Games** | **27** Stir Fry Chicken & AsparagusBlack Beans & RiceStrawberries |
| **30** Beefy Chili MacCheese & CrackersCelery & Carrot SticksGreen Grapes | **31** BBQ ChickenCreamy Cucumber SaladBaked BeansOrange |  | **MENU SUBJECT****TO CHANGE**  | **BREAD & MILK** **AVAILABLE!!!!****Meal Reservations by** **9:30 a.m. daily please** |