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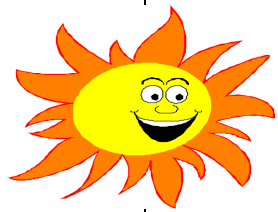
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PLEASE CALL BEFORE 9AM TO MAKE OR CANCEL A LUNCH RESERVATION.

Rainbow Center: 830-249-2114
Golden Age Center: 830-995-3032

August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 B.B.Q. Chicken Pinto Beans Creamy Coleslaw Wheat Roll	3 Pork Chop w/ Apples Brown Rice Garden Mixed Vegetables	4 Italian Grilled Chicken Buttered Corn Green Beans Wheat Roll	5 Beef Tips w/ Gravy New Potatoes Spinach Pineapple Crisp	6 Baked Catfish Black eyed Peas Sautéed Cabbage	7
8	9 Smothered Steak & Onions Scalloped Potatoes Lemon Broccoli Peach Slices	10 Chicken Tenders Creamed Sliced Potatoes Garden Salad	11 Spaghetti w/ Meat Sauce Glazed Carrots Garlic Bread Summer Fruit Cup	12 Creole Pork Chop Fluffy Rice Seasoned Okra Ambrosia	13 Roast Beef & Brown Gravy Mashed Potatoes Lima Beans	14
15	16 Beef Pepper Steak Garden Blend Rice Brussels Sprouts Chunky Fruit	17 Baked Glazed Chicken & Creamy Noodles Steamed Broccoli	18 Baked Cod Creamy Coleslaw Crispy Potatoes Wheat Roll Peach Crisp	19 Meatloaf w/ Creole Sauce Mashed Potatoes Garden Salad GAC B-Day	20 Oven Fried Chicken Potato Salad Baked Beans Wheat Roll	21
22	23 Chicken Salad Plate Pea Salad Carrot Raisin Salad Crackers	24 Meatballs w/ Gravy Buttered Egg Noodles Turnip Greens Bavarian Roll	25 Seasoned Baked Chicken Parslied Potatoes Garden Mixed Vegetables	26 Ranchero Steak Fluffy Rice Sautéed Zucchini Wheat Bread	27 Baked Ham Buttered Corn Broccoli & Cauliflower Bavarian Roll RSC B-Day	28
29	30 Grilled Pork Chop Spiced Buttered Carrots Seasoned Spinach Cornbread	31 Cube Steak Mashed Potatoes Squash Medley Wheat Roll Tutti-Fruiti Pudding				



**Area Agency
on Aging**



Funded through the Texas Department of Aging and Disability Services
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