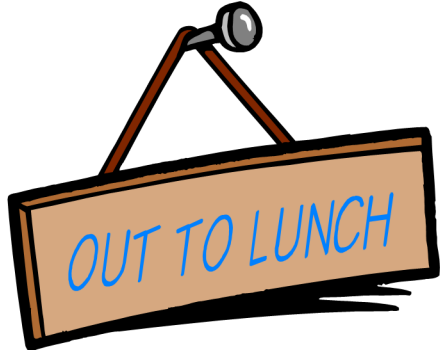


Active Adults 50+

July 2017— Monthly Bulletin

Thursday Lunch!



Our lunches are provided by The Friendly Fork: Weld County Senior Nutrition program every Thursday at 12:15 pm. Join us for social hour beginning at 11:00 am. Reservations are required by Tuesday, at 5:00 pm.

Call 303.926.2795 to make reservations.

\$4.00 - Suggested Donation for 60 +

\$12.00 - Fee for under 60

Meals subject to change based on product availability.

MENU	LUNCH PROGRAM
July 6 Swiss Steak with Beef Gravy, Broccoli with Garden Seasoning, Oven Browned Potatoes, Peaches, Wheat Roll and Butter	July 6
July 13 Beef Stew, Lima Bean Salad, Orange Apple Banana, Corn Bread Muffin, Honey, Butter	July 13
July 20 Fish Sandwich on Wheat Bun, Lettuce, Tomato, and Onion with Mustard and Ketchup, Coleslaw, Kiwi, Crunchy Fruit Nut Cup	July 20 Jennifer Clear Caption Phones
July 27 Meat Lasagna, Spinach and Garbanzo Bean Salad, Mandarin Oranges, Apples and Bananas, SF Lime Gelatin, Multigrain Bread, Butter	July 27 Bailes & Canciones de Mi Tierra