

Colstrip Senior Center Lunch/August

PLEASE CALL BY 9:30: 748-3525 - ALL MEALS SUBJECT TO CHANGE - SUGGESTED SENIOR DONATION \$4.00 NON-SENIORS \$7.00
ALL MEALS SERVED WITH WATER, COFFEE, TEA, JUICE, AND 2% MILK

26 Chicken Fried Steak Mashed Potatoes/ Gravy Corn, Roll, Fruit	27 Spaghetti Green Beans Garlic Toast Salad, Fruit	28 BLT Wraps Salad, Fruit Dessert	29 Frito Lay Fruit, Crisp cottage cheese	30 Fish Party Sandwich French Fries Fruit, Pudding
August 2 Mac-N-Cheese Meatballs Salad, Fruit	3 Chicken Alfredo Green Beans Salad, cake	4 BBQ Pork Riblets Mashed Potatoes corn, salad, pudding	5 Sloppy Joes Sweet Potato Fries Fresh Fruit	6 Fish Sticks Tater Tots Salad, dessert
9 Chicken Strips Mashed Potatoes/Gravy corn, cake Bingo	10 Bean and Cheese Burritos Fruit Salad Tossed veggie salad Foot Clinic	11 Porcupine Meatballs Rice Spinach Salad Pudding Senior Club Meeting	12 Baked Beans and Hot Dogs Salad, Fruit, Dessert	13 Fish and Chips Peas and carrots Fruit
16 Cheeseburger Potato Wedges Salad, Dessert Bingo	17 Goulash Bread Sticks Salad, Fruit Blood Pressure	18 Chef Salad cottage cheese, peaches Dessert	19 Chili Dogs Tater Tots Salad, Fruit	20 Tuna Casserole Orange Salad Rolls, Veggies
23 Chicken Gravy over Mashed Potatoes corn, Fruit, Dessert Bingo	24 Taco Salad Fresh Fruit Dessert	25 Ham in Scalloped Potatoes peas and carrots salad, Dessert	26 Biscuits and Gravy Fresh Fruit Scrambled Eggs, sausage links	27 Fish Fillet French Fries Salad, Dessert
30 Bingo Hamburger Steak mashed potatoes with Gravy corn, dinner roll Fruit	31 Tater Tot Casserole Green Beans salad, Fruit			

Forsyth Senior Center Menu/August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Gravy over Biscuits Stir Fry Vegetables Peaches	3 Chicken Enchiladas Black Bean Salad Beets Fruit	4 Potato Soup & Ham Sandwiches Pineapple Cake Relish Tray Fruit	5 Deli Wraps Vegetable Salad Fruit Jell-O Applesauce Bars	6 Tuna Macaroni Salad Peas & Carrots Lemon Jell-O Salad Cake
9 Cod Fish Macaroni Salad Peas & Carrots Lemon Bars Fruit	10 Beef and Noodles Copper Penny Salad Green Beans Strawberry Cheesecake	11 Chicken & Rice Soup Pimento Cheese Sandwiches Pineapple Cake Fruit	12 COOK'S CHOICE	13 Hamburger on a Bun Baked Beans Coleslaw Fruit
16 Goulash Coleslaw Mixed Vegetables Fruit	17 TACO TUESDAY	18 Split Pea Soup Egg Salad Sandwiches Green Salad Fruit Jell-O	19 Chicken Strips Jo Jo's Vegetables Fruit	20 Cod Fish Pasta Salad Green Beans Fruit
23 Hamburger on a Bun Salad Beans Fruit	24 COOK'S CHOICE	25 Corn & Sausage Chowder Cheese Sandwiches Veggie Fruit	26 Chicken Tacos Spanish Rice Corn Fruit	27 Lasagna Green Salad Roll Fruit
30 Weiners & Kraut Potatoes Green Beans Peach Cobbler	31 Breakfast Casserole Green Salad Muffins Watermelon	1 Beef Vegetable Soup Cornbread Fruit Bars	2 Chicken Alfredo Noodles Beets Fruit Crisp	3 Meatloaf Potato Salad 3 Bean Salad Fruit Bars

PLEASE CALL BY 9:30 346-2878 - ALL MEALS SUBJECT TO CHANGE - SUGGESTED SENIOR DONATION \$4.00 NON-SENIORS \$7.00 - ALL MEALS SERVED WITH WATER, COFFEE, TEA, JUICE, AND 2% MILK

CONGREGATE MEAL MENU

August, 2021

Monday	August 2, 2021	Baked Ham
Wednesday	August 5, 2021	Hot Beef Sandwich
Friday	August 7, 2021	Chicken Fried Steak
Monday	August 9, 2021	Meat Loaf
Wednesday	August 12, 2021	Shrimp
Friday	August 14, 2021	Beef Broccoli Over Rice
Monday	August 16, 2021	Country Style Ribs
Wednesday	August 19, 2021	Chicken & Dumplings
Friday	August 21, 2021	Baked Chicken
Monday	August 23, 2021	Hamburger Deluxe
Wednesday	August 26, 2021	Cod
Friday	August 28, 2021	Finger Steaks
Monday	August 30, 2021	Hamburger Steak

Where are meals served?

- At the 600 Café, 600 Main Street, Miles City, Montana

When are meals served?

- From 11 am to noon, although diners are encouraged to arrive early in order to be done eating before the noon business crowd arrives.

Who may eat Congregate Meals?

- Anyone over 60, no matter where they are from.
- A person who has a disability and who accompanies the Senior who is their caretaker.
- The spouse of a Senior, even if the spouse is younger than 60.
- Other persons accompanying a Senior must purchase their own meal at regular price.

What is the cost?

- The county's cost for each meal is \$9.00 and we ask a "suggested donation" of \$4 per meal. All donations are appreciated and are confidential and are not individually recorded

Take out?

- Getting a meal to-go is allowed only in rare, temporary circumstances approved by the COA staff on duty. Those who need meals brought to the home are encouraged to call COA for details of the Meals on Wheels program.
- If you cannot finish your meal at the café you may take your leftovers home, but the 600 Café asks that you bring your own container.



MILES CITY SOUP KITCHEN MONTHLY MENU

August 2021

COME JOIN US FOR LUNCH! A wholesome lunch is served to anyone in need, from 11:00 am to 12:30 pm, Monday thru Friday at the First United Methodist Church, at 24 North 11th Street in Miles City. The kitchen is located just north of Main on 11th street behind the Midrivers Office and M&H Gas Station.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
August 1, 2021 CLOSED	August 2, 2021 Knefla	August 3, 2021 Mexican mix up	August 4, 2021 Santa Fe Chicken Chili	August 5, 2021 Corn Chowder	August 6, 2021 Tomato Soup	August 7, 2021 CLOSED
August 8, 2021 CLOSED	August 9, 2021 Norwegian Pancakes	August 10, 2021 Chef Choice	August 11, 2021 Chicken Stew	August 12, 2021 Potato Soup	August 13, 2021 Quiche	August 14, 2021 CLOSED
August 15, 2021 CLOSED	August 16, 2021 Taco Pie	August 17, 2021 Baked Breakfast	August 18, 2021 Beef Broccoli & Cheese Soup	August 19, 2021 Creamy Vegetable Casserole	August 20, 2021 3 Bean Chili	August 21, 2021 CLOSED
August 22, 2021 CLOSED	August 23, 2021 Beef & Potato Boats	August 24, 2021 Chicken & Hominy	August 25, 2021 Southwest Barley Stew	August 26, 2021 Chef Choice	August 27, 2021 California Medley	August 28, 2021 CLOSED
August 29, 2021 CLOSED	August 30, 2021 Chicken Pasta Salad	August 31, 2021 Bacon Corn Soup	MENU	MENU	MENU	CLOSED

For more info please call the kitchen at 234-5013. Donations are appreciated and help keep the kitchen operating.

FORSYTH SENIOR CENTER

Activities

August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00 ARTHRITIS CLASS	3 9:30 CHAIR EXERCISE 12:30 WHEEL OF FORTUNE	4 9:00 ADVANCED ARTHRITIS CLASS 12:30 PINOCHLE	5 9:30 CHAIR EXERCISE 12:30 BINGO	6 9:00 ARTHRITIS CLASS 	7
8	9 9:00 ARTHRITIS CLASS	10 BIRTHDAY DAY 9:30 CHAIR EXERCISE 12:30 LINDA WOLFF FROM ACTION AT CENTER	11 9:00 ADVANCED ARTHRITIS CLASS 12:30 PINOCHLE	12 9:30 CHAIR EXERCISE 12:30 BINGO	13 9:00 ARTHRITIS CLASS	14
15	16 9:00 ARTHRITIS CLASS 10:00 BOOK CLUB	17 TACO TUESDAY 12:30 CRAFTS FOOT CLINIC	18 12:30 PINOCHLE	19 9:30 CHAIR EXERCISE 12:30 BINGO	20 9:00 ARTHRITIS CLASS	21
22	23 9:00 ARTHRITIS CLASS	24 9:30 CHAIR EXERCISE 12:30 CARD SOCIAL	25 12:30 PINOCHLE	26 9:30 CHAIR EXERCISE 12:30 BINGO	27 9:00 ARTHRITIS CLASS	28
29	30 9:00 ARTHRITIS CLASS	31 9:30 CHAIR EXERCISE				