

Clinton Township Senior Adult Life Center

Friday lunches NOW AVAILABLE at your Senior Center!

EVERY FRIDAY
11:00 A.M. OPEN
12:00 MEAL SERVED
12:30-2:30 BINGO



**Clinton Twp.
Senior Center**
40730 Romeo Plank
Clinton Township, Mi.
48038
(586) 286-9333

Dining Senior Style is designed to meet the nutritional and social needs of Macomb County Senior Citizens. Meals are planned with great care and attention to current recommended dietary allowances. Our program, sponsored by MCCSA will consist of a balanced lunch deliciously and attractively prepared & served at the Senior Center. This program is designed to promote better health among the seniors through improved nutrition & reduction of social isolation. For those that wish to hang around after lunch, Lucky Jackpot Bingo will be played. The first of the month is Birthday Bingo....so come on down and enjoy some cake!

The only requirement for participation is having reached the age of 60 (or being the spouse of someone who is at least 60 years old). Meals are available on a "first come, first served" basis. A \$3.00 cost sharing contribution is accepted for the meals. All donations go directly back into the program to help provide meals. A brief one time registration card must be filled out and you'll be all set to go! Hope to see you on Friday.

Menus for Fridays June 11, 2010—July 16, 2010

| MENU DATE | 6/11/10 | 6/18/10 | 6/25/10 | 7/2/10 | 7/9/10 | 7/16/10 |
|--------------------|---|------------------------------|------------------------------|---|------------------------------|------------------------------|
| Entrée | Sub Sandwich: Turkey Ham, Turkey, & American Cheese | Chicken Salad | Tuna Salad | Sub Sandwich: Turkey Ham, Turkey, & American Cheese | Chicken Salad | Tuna Salad |
| Veggie | Potato Salad | Macaroni Salad w/ Vegetables | Macaroni Salad w/ Vegetables | Potato Salad | Macaroni Salad w/ Vegetables | Macaroni Salad w/ Vegetables |
| Veggie | Diced Pickled Beets & Onions | Italian Green Bean Salad | Cheesy Pea Salad | Diced Pickled Beets & Onions | Italian Green Bean Salad | Cheesy Pea Salad |
| Bread | Sub Bun | Croissant | Seedless Rye Bread | Sub Bun | Croissant | Seedless Rye Bread |
| Fresh Fruit | Applesauce | Fresh Apple | Diced Peaches | Applesauce | Fresh Apple | Diced Peaches |
| Milk | 1% | 1% | 1% | 1% | 1% | 1% |

