

August



Call the Lunch Reservation Line at (209) 365-0572
at least 24 hours in advance to make your lunch
reservation, or to cancel an existing reservation.

Lunch is served promptly at 11:30 a.m.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Vitamin C source Vitamin A source, ^S_≥1000mg Sodium/Meal</p> <p>1% milk is provided with each meal. Each meal meets 1/3 of the daily nutritional requirement</p>	<p>1</p> <p>BBQ Pulled Chicken Sandwich Pulled Chicken Bun Baked Beans Carrot Raisin Salad *Pineapple 1% Milk</p>	<p>2</p> <p>Fish & Chips ^S Battered Cod Filet Sweet Potato Fries *Broccoli Salad Grapes Whole Wheat Roll Margarine Lemon Wedge 1% Milk</p>	<p>3</p> <p>David's Homemade Chili Baked Potato Sour Cream, Cheese & Diced Onion Steamed *Broccoli Watermelon Whole Wheat Roll Margarine 1% Milk</p>	<p>4</p> <p>Pork Ribs Potato Salad Roasted *Brussels Sprouts Apricot Halves Whole Wheat Roll Margarine 1% Milk</p>
<p>7</p> <p>Taco Salad Ground Beef Lettuce, Tomatoes, Cheese, Sour Cream & Salsa Corn Chips Pinto Beans *Orange Wedges 1% Milk</p>	<p>8</p> <p>Lemon Baked Fish Rice Pilaf Summer Squash *Mandarin Oranges Whole Wheat Roll Margarine 1% Milk</p>	<p>9</p> <p>Chicken Drumstick Mac & Cheese Kale Salad *Mixed Berry Crumble Whole Wheat Biscuit Margarine 1% Milk</p>	<p>10</p> <p>BBQ'd Hamburger Patty Bun Lettuce & Tomato Baked Sweet Potato Wedges Cucumber Salad *Strawberries Chocolate Milk</p>	<p>11</p> <p>Cold Turkey Sandwich Turkey Whole Wheat Bread Swiss Cheese Lettuce & Tomato Carrots Sticks Ranch Dressing *Pineapple 1% Milk</p>
<p>14</p> <p>Beef Stir Fry w/Ginger & Green Onion Steamed (Brown) Rice Sir Fry Veggies Egg Roll *Oranges Slices Fortune Cookie 1% Milk</p>	<p>15</p> <p>Chicken Pesto Fettuccini Chicken Breast Pesto Fettuccini Green Salad Ranch Dressing Steamed *Broccoli Fruit Salad Whole Wheat Roll Margarine, 1% Milk</p>	<p>16</p> <p>Roasted Turkey Gravy Mashed Potatoes Roasted *Brussels Sprouts Apricot Halves Whole Wheat Roll Margarine 1% Milk</p>	<p>17</p> <p>Bratwurst ^S Roasted Red Potato Green Beans Mandarin *Oranges Whole Wheat Roll Margarine 1% Milk</p>	<p>18</p> <p>Shrimp Louie Salad Romaine Lettuce Shredded Carrots Shrimp, Cherry Tomatoes Hard Boiled Egg, Avocado 1000 Island Dressing *Cantaloupe Whole Wheat Roll Margarine, 1% Milk</p>
<p>21</p> <p>Chicken Strips ^S Ranch Dressing Coleslaw w/*Pineapple Steamed Corn Watermelon Biscuit Margarine 1% Milk</p>	<p>22</p> <p>Cheese Enchiladas w/Green Sauce Refried Beans Kale Salad *Orange Wedges Garlic Bread 1% Milk</p>	<p>23</p> <p>Salisbury Steak w/Gravy Baked Potato Sour Cream Mixed Veggies *Strawberries Whole Wheat Roll Margarine 1% Milk</p>	<p>24</p> <p>Chinese Chicken Salad Shredded *Cabbage w/Grated Carrots & Sliced Red Bell *Peppers Shredded Chicken Sliced Almonds Oriental Dressing *Mandarin Oranges Jell-O Salad WW Crackers, 1% Milk</p>	<p>25</p> <p>French Dip Sandwich Roast Beef Whole Wheat Hoagie Au Jus Tater Tots *Broccoli Salad Whole Nectarine Horseradish 1% Milk</p>
<p>28</p> <p>Sloppy Joes Ground Beef Bun Kale Salad Pea Salad *Cantaloupe Chocolate Pudding 1% Milk</p>	<p>29</p> <p>Crab Salad On A Croissant Green Salad Kidney Beans Ranch Dressing Cottage Cheese *Pineapple 1% Milk</p>	<p>30</p> <p>Grilled Marinated Chicken Mediterranean Salad Steamed *Broccoli & *Cauliflower Apricot Halves Whole Wheat Roll Margarine 1% Milk</p>	<p>31</p> <p>Vegetarian Quiche Green Salad Strawberry Vinaigrette Dressing Steamed Spinach Whole Wheat Roll Margarine *Orange Juice 1% Milk</p>	<p>\$3.00 Suggested Donation Per Meal</p> <p>If you are unable to make a donation, please consider contributing whatever you can. No one will be denied a meal if they are unable to contribute.</p>

Why Have Lunch at LOEL?

- Delicious, nutritious, & great variety
- Fellowship with other seniors
- Opportunity for new friendships
- New faces every week
- No cooking & clean-up at home
- Meal plan options with a punch card



And all of this for just a \$3.00 donation per meal!
(No one is denied a meal if they are unable to contribute.)

LOEL's Daily Senior Lunch Program is for senior citizens 60 years of age or older that live in San Joaquin County. Lunch is served Monday-Friday at 11:30 a.m. and a 24 hour advance reservation is preferred. Call 365-0572 with any questions.

Hope to see you at lunch!

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 Q A V E I U P C E O O F I B F P D V R
 K L E V X W M N H S Q B C K N U E M M
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 J U J P M D N R G E M Z W V T G K J E

August

Hot

Summertime

Barbeque

Ice Cream

Sunscreen

Beach

LOEL

Sunshine

Bees

Picnic

Swimming

Gardening

Popsicle

Vacation