

# Grayling Senior Center

Tired of cooking?

Seniors eat for only \$4.75  
Including Soup/Salad bar

You can't beat that deal!

Invite A New Friend Over 60 Years Old & You Both Eat Free!!



**Satellite Meals**  
Frederic/Maple Forest @  
Frederic Community Building:

Betty Lepper 348-4693  
Eva Hulbert at 348-7123

**Lovells Township Bldg:**  
Maureen Rysso 348-1336  
Eva Hulbert at 348-7123

**Meal Pricing**  
Under 60  
Cost \$5.25  
60+ \$2.50

Sunday	Monday	Tuesday
	Lunch is Served Monday -Friday at 12pm	Dinner is Served Monday-Thursday at 5pm
4 No Sunday Brunch	5 Fourth Of July Closed	6 <b>Lunch</b> Chicken Fried Steak Mashed Potatoes W/Gravy Stewed Tomatoes Fresh Fruit Salad <b>Dinner</b> Original Fried Chicken Oven Roasted Potatoes Broccoli Watermelon
11 	12 <b>Lunch</b> Chicken Tenders Scalloped Potatoes Green Beans, Peaches <b>Dinner</b> Spaghetti w/ Meat Sauce Wax Beans, Cauliflower Garlic Bread, Apple	13 <b>Lunch</b> Salisbury Steak Mashed Potatoes w/ Gravy Brussels Sprouts Orange Sections <b>Dinner</b> Turkey w/ Stuffing Green Bean Casserole, Carrots Peaches
18 <b>Sunday Brunch</b> 9am – 12pm Homemade French Toast Scrambled Eggs Sausage Fresh Fruit Salad Orange Sections Orange Juice & Milk	19 <b>Lunch</b> Pork Riblet Sandwich Baked Beans, Cole Slaw Applesauce <b>Dinner</b> Chicken Alfredo w/ Noodles Mixed Vegetables, Broccoli Peaches	20 <b>Lunch</b> Macaroni And Cheese Brussels Sprouts, Carrots Plums <b>BBQ Chicken Ice Cream Social</b> BBQ Chicken Potato Salad, Baked Beans Watermelon Assorted Desserts
25 <b>Meal Pricing</b> Under 60 Cost \$5.25 60+ \$2.50	26 <b>Lunch</b> Breaded Chicken Sandwich Winter Blend Vegetables Baked Beans Orange <b>Dinner</b> Salisbury Steak Mashed Potatoes Prince Charles Vegetables Blend Apricots	27 <b>Lunch</b> Spaghetti w/Meat Sauce Cauliflower, Sliced Carrots Peaches <b>Dinner</b> Roast Beef Boiled Potatoes Brussels Sprouts Mixed Fruit



# July 2010



Wednesday	Thursday	Friday	Saturday
	1 <b>Lunch</b> Lemon Pepper Chicken Noodles, Carrots Brussels Sprouts, Pears Lemon Bars <b>Dinner</b> Swedish Meatballs Mashed Potatoes, Cauliflower Broccoli, Mixed Fruit	2 <b>Lunch</b> Chicken Tenders Mashed Potatoes California Vegetable Blend Grapes <b>No Dinner</b>	3 You can now receive updates on events hosted by Crawford County
7 <b>Lunch</b> Sloppy Joes O'Brien Potatoes Broccoli, Mandarin Oranges <b>Dinner</b> Stuffed Florentine Shells Green Beans, Cauliflower Apricots Cinnamon Apple Sticks	8 <b>Lunch</b> Lasagna Italian Blend Vegetables Sliced Beets, Plums Chocolate Chip Brownies <b>Dinner</b> Smoked Sausage Sauerkraut, Mashed Potatoes Carrots, Peaches	9 <b>Lunch</b> Baked Ham w/ Apple Glaze Winter Blend Vegetables Marshmallow Sweet Potatoes Pineapple Chunks Frederic Satellite Meal <b>No Dinner</b>	Commission on Aging though Email. Just send an email to:
14 <b>Lunch</b> Stuffed Cabbage Mashed Potatoes, Cauliflower Pears <b>Birthday Dinner</b> BBQ Chicken Breast Baked Potatoes, Pineapple Winter Blend Vegetables, Peas Cake & Ice Cream	15 <b>Lunch</b> Chicken Stir Fry w/ Rice Asparagus Fruit Cocktail Cookies <b>Dinner</b> Pollock Baked Potatoes Broccoli, Peaches	16 <b>Lunch</b> Pork Roast W/ Apple Glaze Boiled Redskins Mixed Vegetables Applesauce Lovells Satellite Meal <b>No Dinner</b>	director @crawfordcoa.org stating that you would like to receive updates on events.
21 <b>Lunch</b> Pork Fritter Sweet & Sour Sauce Brown Rice, Cauliflower Green Beans, Sliced Apples <b>Dinner</b> Baked Ham w/ Apple Glaze Scalloped Potato Peas, Applesauce Cherry Crunch Pie	22 <b>Lunch</b> Chicken Cordon Bleu Oven Roasted Potatoes Broccoli Cuts Mandarin Oranges Blueberry Crisp <b>Dinner</b> Roast Beef Mashed Potatoes W/Gravy Corn, Mixed Fruit	23 <b>Lunch</b> Hot Roast Turkey Stuffing w/Gravy Peas & Carrots Green Beans Banana <b>No Dinner</b>	24 Soup and Salad Bar is now Served Monday thru Thursday
28 <b>Lunch</b> Beef Stroganoff/Noodles Carrots, Cauliflower Pears <b>Dinner</b> Shepherds Pie Prince Charles Blend Cinnamon Apples Pudding Whip	29 <b>Lunch</b> Italian Sausage w/ Green Pepper & Onions Baked Potato, Italian Blend Apricots <b>Dinner</b> Liver & Onions Mashed Potatoes California Blend Vegetable Grapes	30 <b>Lunch</b> Baked Chicken Scalloped Potatoes Green Bean Casserole Pineapple Banana Split Bar <b>No Dinner</b>	11:30 am-Lunch 4:30 pm-Dinner Cost \$2.25