

MONTHLY ENTERTAINMENT	11:30 Wed., AUG. 1 SHEERY BARNHART	11:30 Wed., AUG. 8 MICHAEL JOHNSON	11:30 Wed., AUG. 15 MV GEM FIDDLERS	11:30 Every Thurs. PAT BLESSIN-ORGAN MUSIC	11:30 Wed., AUG. 22 & Aug 29 JEFF & SANDY	8:00 am. Sat., AUG. 11 BREAKFAST/MARLA GARRETT
AUG 2018	Minimum Daily Serving Size - 2 oz of Meat/Protein, 1/2 cup of cooked/canned fruit and vegetables, or 1 cup fresh fruit and fresh vegetables, 1/3 to 1/2 cup of grains & 1 slice of bread (half to be whole grain), 1 cup of milk or dairy, dessert is an optional - minimum 1 oz serving					AUG 2018
TWIN FALLS SENIOR CENTER 208-734-5084 530 SHOSHONE ST. W., TWIN FALLS, ID. 83301 CENTER OFFICE HOURS Mon-Fri 8:00 am to 5:00 pm Website - www.tfsejorcenter.com Facebook - Twin Falls Senior Center CENTER & VOLUNTEER DRIVERS NEEDED!!!		Wednesday 2018-08-01 Ham & Cheese Casserole Straw/Blueberry Spring Salad Lime Jello w/Cottage Cheese Pasta/Peas/Eggs Fruit Roasted Parsnips Bread Sticks Peanut Butter Bar	Thursday 2018-08-02 Chicken Strips Creamy Coleslaw Broccoli Raisin Salad Cheesy Broccoli Rice Fruit Breaded Zucchini Oatmeal Cowboy Cookie	Friday 2018-08-03 Beef Tips/w Gravy Barley Salad w/Tom, Cucumber Green Salad Mashed Potatoes w/Gravy Fruit Brussel Spouts Strawberry Bread Pudding	Saturday 2018-08-04 Celebration of Life for 11:00 am - 2:00 pm	
		Sunday 2018-08-05 12:00-4:00 ABCL Unit 400 Bridge	Monday 2018-08-06 BBQ Pulled Pork Mustard Potato Salad Green Salad Marcaroni & Cheese Fruit Baked Beans Bun Carrot Cake	Tuesday 2018-08-07 Rancher's Chicken Brown Rice Spinach Salad Tropical Pear Salad AuGratin Potatoes Fruit Roasted Corn w/peppers Herbed Roll Peach Cobbler	Wednesday 2018-08-08 Spaghetti Caesar Salad w/croutons Jello Salad Lasagna Noodles Fruit Asparagus Blend Vegetables Garlic Bread Tiramisu	Thursday 2018-08-09 Hot Turkey Sandwich Very Veggie Green Salad Waldorf Salad Stuffing w/Gravy Fruit Sweet Potatoes Croissant Snickerdoodle Cookie
Sunday 2018-08-12	Monday 2018-08-13 Creamy Pork Loin Mandarin Orange Salad Romanine Salad Wild Rice Fruit Peas & Onions Dill Roll Spice Cake	Tuesday 2018-08-14 Fish Fillet w/Tarter Sauce Seafood Pasta Salad Pea Salad Cheesy Tator Tots Fruit Summer Squash Blend Veg Hushpuppies Lemon Bar	Wednesday 2018-08-15 Caesar Chicken Parfait Salad Caesar Salad Fettuccini Noodles Fruit Sunshine Carrots Cranberry Bread Tapioca Pudding	Thursday 2018-08-16 Meatballs Lyonnaise Applesauce Jello Salad Green Salad Rice Pilaf Fruit Cauliflower Italian Roll Choc Applesauce Cupcake	Friday 2018-08-17 Baked Ham Frog Eye Salad Peach Cottage Salad Scalloped Potatoes Fruit Sugar Pea Blend Vegetables Sweet Roll Pumpkin Cookie	Saturday 2018-08-18 10:00 - NOON Twin Falls Sewing Center I LOVE TO SEW Annual Picnic
Sunday 2018-08-19	Monday 2018-08-20 Teriyaki Chicken Oriental Chicken Salad Parfait Salad Asian Rice Fruit Stir Fry Vegetables Egg Roll Mandarin Orange Bar	Tuesday 2018-08-21 Chicken Fried Steak Rainbow Rotini Salad Green Salad Mashed Potatoes w/Gravy Fruit Roasted Broccoli Texas Toast Chocolate Crinkle Cookie	Wednesday 2018-08-22 BBQ Ribs Creamy Coleslaw Jello w/fruit Marcaroni & Cheese Fruit Garden Roasted Vegetables Parmesan Roll Birthday Cake	Thursday 2018-08-23 Parmesan Chicken Berry Spinach Salad Grape Salad Rice Pilaf Fruit Venetian Blend Vegetables Garlic Knot Caramel Oatmeal Apple Bar	Friday 2018-08-24 Hamburger Stroganoff Romaine & Red Cabbage Salad Carrot Raisin Salad Egg Noodles Fruit Corn blended vegetables Slice of Cranberry Wheat Bread Choc/Coconut Bread Pudding	
Sunday 2018-08-26	Monday 2018-08-27 Fried Chicken Ambrosia w/Acini De Pepe Peach Cottage Salad Mashed Potatoes & Gravy Fruit Breaded Okra Scone Blonde Brownie	Tuesday 2018-08-28 Sweet & Sour Pork Pineapple Coleslaw Parfait Salad Asian Rice Fruit Sauteed Cabbage Egg Roll Apple Crisp	Wednesday 2018-08-29 Navajo Taco Baked Potato Lettuce/Tomato/Olives/Onions Southwestern Chopped Salad Spanish Rice w/Refried Beans Fruit Chuckwagon Corn & Black Beans Banana Bread Rice Pudding w/Raisins	Thursday 2018-08-30 Cheeseburger Garden Pasta Salad Green Salad/Relish Tray Tator Tot Casserole Fruit Sliced Zucchini Bun German Choc Cookie	Bold Italic Salad will go out with Home Delivered Meals (HDM) Daily HDM Meal Drink Choices 2% MILK ORANGE/APPLE JUICE NON FAT CHOCOLATE MILK Daily CENTER Meal Drink Choices WATER TEA COFFEE MILK	TFSC MEAL COSTS Age 60 & over \$5.00 (suggested donation) Under 60 \$6.00 Under 9 \$3.00 Lunch to Go \$6.00 Cinnamon Roll \$3.00 Coffee \$.50 Soup to Go \$3.00