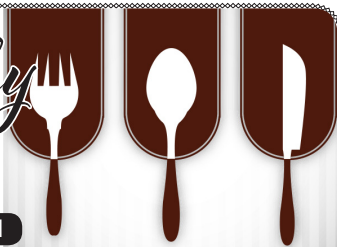


Eat Healthy

at the

POWELL SENIOR CITIZEN'S CENTER

248 N. Gilbert • 754-4223 • 754-2711



Wednesday, September 12

HAMBURGER STEAK w/Grilled Onions, Baked Potato, Veggie Salad, Bread, Plum Whip.

Thursday, September 13

OVEN FRIED CHICKEN, Mashed Potatoes, Poultry Gravy, Beet Salad, Mandarin Oranges, Gingerbread Cake.

Friday, September 14

BARBECUE PORK SANDWICH on Wheat Bun, Potato Salad, Fanny's Cole Slaw, Mandarin Orange, Pineapple, Grape Cup, Lemon Bar.

**Lunch served at noon at the Rocky Mountain Manor on Saturdays*

Saturday, September 15*

CHICKEN POT PIE w/ Potatoes, Peas w/ Carrots & Biscuit, French Style Green Beans, Mixed Green Salad, Fruit Pizza.

Monday, September 17

HAWAIIAN CHICKEN, Baked Sweet Potato, Key Largo Vegetables, Banana Bread/Muffin, Tropical Fruit Cup, Coconut Macaroon.

Tuesday, September 18

BIRTHDAY DINNER - CHICKEN FRIED STEAK, Mashed Potatoes, Country Style Gravy, Garden Blend Vegetables, Cucumber & Tomato Salad, Cherry Crisp, Orange Juice.

Sponsored by:

POWELL TRIBUNE

128 S. Bent • Powell, WY 82435 • 754-2221 • Fax: 754-4873