



July '10 Menu



LOWELL SENIOR ACTIVITY CENTER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Chef Salad w/Ham, Turkey, Tomato, Cucumber Onion, Cheese Blend, Croutons, Dressing Sugar Free Jell-o	3
4  CLOSED!	5 	6	7 Beef Lasagna Italian Veggies Apricots Bread Sticks Tiramisu	8	9 Smoked Kielbasa Sausage Braised Cabbage Potatoes O'Brien Banana Chocolate Fudge Cake	10
11	12 Garlic Chicken Wings Red Canyon Potatoes Peas & Carrots Low fat Yogurt	13	14 Stuffed Bell Peppers Over steamed Rice Zucchini & Tomatoes Ice Cream Cup	15	16 Potato Crunch Fish Wild Rice Mediterranean Vegetables Carrot Cake	17
18	19 Chicken Tenders Tater Tots Early June Peas Cranberry Oatmeal Cookie	20	21 Caribbean Jerk Pork Coconut Rice Field Peas Tropical Fruit Salad Cookie	22	23 Fried Chicken Potato Wedge Seasoned Green Beans Apple Cobbler	24
25	26 Chicken & Vegetable Lasagna Mixed Fruit Chocolate Chip Brownie	27	28 Beef Stroganoff over Pasta American Vegetable Blend Pound Cake	29	30 Salisbury Steak Mashed Potatoes w/Gravy Peas & Carrots Lemon Bars	
31	\$3.00 Suggested Lunch Donation	Call in lunch reservations 586 - 6200				

July Activities!

"Lowell Living"

LOWELL SENIOR ACTIVITY CENTER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>QUOTE OF THE MONTH!</p> <p>"The purpose of life is a life of purpose." Robert Byrne</p>			1	2	3
4	<p>5</p> 	6	7	8	9	10
		<p>DINNER OUT @ CARINO'S LEAVE @ 4:30</p>	14	15	16	17
		<p>Clinton Library & Governor's Mansion</p>	21	22	23	24
25	26	27	28	29	30	31
	<p>Come join us! Lowell Senior Activity Center (City Hall Building) Mon. Wed. & Fri. 9:00 - 1:00 216 N. Lincoln Lowell, AR 72745</p>		<p>CHEROKEE HISTORY TOUR INFO & ITINERARY AVAILABLE SOON</p>		<p>FUNDRAISIN' CATFISH DINNER & GOSPEL ECHOES (SERVING DINNER 6:00-7:30 PM)</p>	