



Redmond, Oregon  
**Senior Center**  
*Engage. Connect. Thrive.*

# WEEKLY MENU

## August 10-14

**MON  
10**



**BBQ Chicken Nuggets  
Brown Rice  
Vegetables**

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**TUE  
11**



**Pork Sausage Patties  
Mash Potatoes  
Vegetables**

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**WED  
12**



**Swedish  
Meatballs  
Rice Pilaf  
Vegetables**

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**THU  
13**



**White Beans and  
Chicken  
Mixed Vegetables**

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**FRI  
14**



**Blackened Fish Fillet  
Roasted Red Potatoes  
Vegetables**

**Lunch is served M-F, 11:45 AM - 12:30 PM**

**\$5 suggested donation for seniors.**

**\$8 for all others.**