

Monday	Tuesday	Wednesday	Thursday	Friday
3 Potato Crusted Pollock w/ 1 Tbsp. Corn & Red Pepper Relish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes Seasonal Fresh Fruit NEW ITEM	4 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips (10pc) 1/2c Rice 1/2c Pineapple	5 Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1/2d Mied Fruit Salad	6 Chicken Philly Sandwich 1c Cream of Potato Soup 1/2c Coleslaw Hot Dog Bun	7 3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peaches
10 1c Tortellini with Creamy Meat Sauce 1/2c Garlic Green Beans 1 Garlic Herb Breadstick 1/2c Diced Peaches NEW ITEM	11 4oz Sweet & Sour Chicken 1/2c Steamed Brown Rice 1/2c Island Blend Vegetables 1 Wheat Bread Seasonal Fresh Fruit	12 Pizza Burger 1/2c Carrots 1 Hamburger Bun Fresh Fruit	13 Chicken, Spinach & Cranberry Salad w/ Dressing 1c. Mixed Greens & Spinach 1 Dinner Roll Fresh Fruit	14 French Dip Sandwich w/ 2oz Gravy 1c Cream of Broccoli Soup 1 Hot Dog Bun 1/2c Pineapple Tidbits
17 1c Chili with Cheese 1 Baked Potato, Margarine Fresh Fruit 1 Piece Cornbread	18 3oz Swiss Steak w/ 2oz Gravy 1/2c Cabbage & Noodles 1/2c Seasoned Green Beans 1/2c Pineapple Delight	19 Breaded Dill Chicken Sandwich 1/2c Roasted Potatoes 1/2c Warm Spiced Apples 1 Hamburger Bun, Ranch PC NEW ITEM	20 3oz Pork Loin w/ 2oz Gravy 1/2c Brown Rice 1/2c Mixed Vegetables Fresh Fruit	21 3oz Baked Meatloaf w/ 2oz Onion Gravy 1/2c Garlic Whipped Potatoes 1/2c Sliced Carrots 1 Wheat Bread
24 4oz Teriyak Chicken 1/2c White Rice 1/2c Oriental Vegetables 1/2c Pineapple Tidbits	25 Grilled Chicken Salad (2oz Chicken, HB Egg over 1c Mixed Greens) 1 Dinner Roll 1 Orange	26 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables White Bread 1/2c Peaches	27 Pasta & Meatballs (4) w/ Alfredo Sauce 1/2c Green Peas & Pearl Onions Fresh Fruit NEW ITEM	28 Honey BBQ Meatballs (4) 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Seasonal Fresh Fruit
31 Florentine Omelet w/ Creamed Spinach and Cheese 1/2c Herbed Breakfast Potatoes 1/2c Warmed Spiced Pears 1 Dinner Roll NEW ITEM	For seniors, it's important to maintain muscle mass. Lean proteins, whole grains, and low fat dairy will help you stay strong! 			

Littlestown Area Senior Center Activity Calendar		August 2026		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cards and Games	4 Cards and Games	5 Craft day	6 Victoria from the Adams Co. Library @ 10:00	7 Snyder's Pretzel Outlet @ 10:00 followed by Clair's Restaurant for Ice Cream
10 Bingo @ 9:45	11 Bingo @ CC's Diner @ 9:00 Must Sign up by August 3rd	12 Cards and Games	13 Operation Christmas Child @ 10:00	14 Out of center activity center closed Lunch @ Hibachi Restaurant @ 11:00
17 Monica / Plants @ 10:00	18 Pivot/ Blood Pressure Check @ 10:00	19 Birthday Recognition	20 Aging in Place with Mark Knodel @ 10:00	21 Cards and Games
24 Bingo @ 9:45	25 Cards and Games	26 Cornhole	27 Trivia @ 9:45	28 Out of center activity center closed breakfast @ Starlight Diner @ 9:00
31 Cards and Games				***lunch served daily @ 11:30***

10 Locust Street
 P.O. Box 81
 Littlestown, PA 17340
 (717) 359-7743
 Hours: Monday-Friday 8:00AM-12:30PM
 Tina Pate, Site Manager