

**Rainbow Restaurant in Blair**  
**Senior Dining & Fellowship**  
**Sponsored by Aging & Disability Resource Center (ADRC)**  
**Of Trempealeau County**

**Local Phone: 715-538-2001 or Toll Free: 1-800-273-2001**

**Serving Monday thru Friday from 11:00 to 1:00**

**Suggested Donation is \$ 4.00 per meal**

**(Anyone under 60 must pay the full meal cost of \$ 9.52)**

**August 2020**

August 3 -- 7:

- Monday: Grilled Chicken Sandwich w/Lettuce & Tomato,  
American Fries, Baked Beans, Pie
- Tuesday: Tatar Tot Hot Dish, Mixed Vegetable, Jello w/Fruit
- Wednesday: Pot Roast, Red Potatoes w/Gravy, Baby Carrots, Fruit
- Thursday: Baked Pork Chop, Whipped Potatoes, Broccoli, Pudding
- Friday: Poorman's Lobster or Hand Breaded Fish, Whipped  
Potatoes, Coleslaw, Cake

August 10 -- 14:

- Monday: Meatloaf, Whipped Potatoes w/Gravy, Corn, Jello/w  
Fruit.
- Tuesday: Grilled Ham, Au Gratin Potatoes, Baked Beans, Pudding
- Wednesday: Pork Roast, Whipped Potatoes w/Gravy, Green Beans,  
Fruit
- Thursday: Beef Goulash, Carrots, Cake
- Friday: Poorman's Lobster or Hand Breaded Fish, Fries, Baked  
Potato, Salad, Jello

All Meals are served with Choice of Bread or Dinner Roll and 2% Milk  
and/or Coffee

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**AUGUST 17 -- 21:**

- Monday: Polish Sausage, Baked Potato, Baked Beans, Fruit  
Tuesday: Spaghetti w/Meat Sauce, Corn, Garlic Bread, Cake  
Wednesday: Beef Roast Sandwich w/Gravy, Whipped Potatoes  
w/Gravy, Carrots, Fruit  
Thursday: Meatballs w/Gravy, Whipped Potatoes w/Gravy,  
Broccoli, Pudding  
Friday: Poorman's Lobster or Hand Breaded Fish, Hash  
Browns, Coleslaw, Ice Cream

**August 24 – 28:**

- Monday: Salisbury Steak w/Mushroom Gravy, Whipped  
Potatoes, Baked Beans, Fruit  
Tuesday: Chopped Sirloin, Baked Potato, Corn, Pie  
Wednesday: Pork Roast, Whipped Potatoes w/Gravy, Carrots, Fruit  
Thursday: Chicken Fried Steak w/Country Gravy, Whipped  
Potatoes, Mixed Vegetable, Cake  
Friday: Poorman's Lobster or Hand Breaded Fish, American  
Fries, Salad Pudding

**August 31:**

- Monday: Beef Goulash, Corn, Pie

All Meals are served with Choice of Bread or Dinner Roll and 2% Milk  
and/or Coffee