

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 2021

August 2-6:

- Monday: Grilled Chicken Sandwich, Tomato/Lettuce, American Fries, Baked Beans, Pie
- Tuesday: Tater Tot Hotdish, Carrots, Mixed Vegetables, Jello w/Fruit
- Wednesday: Pot Roast, Red Potatoes, Baby Carrots, Fruit
- Thursday: Baked Pork Chop, Whipped Potatoes, Broccoli, Pudding
- Friday: Hand Breaded Fish, Whipped Potatoes, Coleslaw, Cake

August 9-13:

- Monday: Meatloaf, Whipped Potatoes, Corn, Jello w/Fruit
- Tuesday: Grilled Ham, Au Gratin Potatoes, Baked Beans, Pudding
- Wednesday: Port Roast, Whipped Potatoes, Green Beans, Fruit
- Thursday: Beef Goulash, Carrots, Cake
- Friday: Hand Breaded Fish, Baked Potato, Salad, Jello

August 16-20:

- Monday: Polish Sausage, Baked Potato, Baked Beans, Fruit
- Tuesday: Spaghetti w/Meat Sauce, Corn, Cake
- Wednesday: Beef Roast Sandwich, Whipped Potatoes, Carrots, Fruit
- Thursday: Meatloaf, Whipped Potatoes, Broccoli, Pudding
- Friday: Hand Breaded Fish, Hash Browns, Coleslaw, Ice Cream

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

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August 2021

August 23-27:

- Monday: Salisbury Steak, Whipped Potatoes, Baked Beans, Fruit
Tuesday: Chopped Sirloin, Corn, Baked Potato, Pie
Wednesday: Pork Roast, Whipped Potatoes, Carrots, Fruit
Thursday: Chicken Fried Steak, Whipped Potatoes, Carrots, Mixed Vegetables, Cake
Friday: Hand Breaded Fish, American Fries, Salad, Pudding

August 30-31:

- Monday: Beef Goulash, Corn, Pie
Tuesday: Meatballs, Whipped Potatoes, Broccoli, Fruit

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