

August 2026

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

St. Anthony Senior Center

1703 W. 10th St, Wilmington DE, 19805

302-421-3735

August 2026

About Our Center

HOURS OF OPERATION

Monday:

- 8:00 AM – 4:00 PM

Tuesday:

- 8:00 AM – 8:00 PM

Wednesday:

- 8:00 AM – 4:00 PM

Thursday:

- 8:00 AM – 5:00 PM

Friday:

- 8:00 AM – 4:00 PM

Saturday & Sunday:

- Closed

LOCATION

1703 W. 10th Street
Wilmington, DE 19805
*Located on the first floor of the
community center.*

Entrance is in the breezeway
between the Father Roberto
Center & The Antonian
Highrise.

TITLE VI NOTICE

St. Anthony Senior Center
operates its programs and
services without regard to
race, color, and national origin
in accordance with Title VI of
the 1964 Civil Rights Act. To
find out more about our
nondiscrimination obligations
or to file a complaint, please
contact us at (302) 421-3735.

Meet Our Team

Exec. Director – Kim Caputo

Senior Center

Senior Center Director – Lindsay Draper
Assistant Director – Elizabeth Negron

Senior Center Driver - Dexter Richardson
Janitorial - Tim Butler

Nutrition Services

Nutrition Site Manager– Brian Shaw

Contact

Main Office:
302-421-3735

Email: seniors@stanthonycenter.org

Website:
<http://stanthonycenter.org>

Stay Connected!

Follow us on Facebook!

<https://www.facebook.com/stanthonyseniors/>

August 2026

Happy Birthday

Ivone Marvel
Michael Dalto
Bill Settel
Deborah Howard
Jeffrey Whyte
Rosella Gibson
Tony Talmo
Paula DiGiovanni



*If we missed your birthday,
don't let us get away with it—
please let us know!*

Antonia Jerman
Jeffrey Ross
Mary Smith
Eraldo Palgiaro
Caroline Williams
Michele Dudley
Jeanette DeBright
Joyce Fagan
Suzie Hyman
Barbara Petrucci

Let's Celebrate!

Join us on **Wednesday, August 26th, 2026** at 11:45 AM in the dining room to celebrate all of our August birthdays!

August Birthday Facts

Birthstone: Peridot (and Spinel, a newer addition) – Peridot symbolizes strength, prosperity, and good fortune.

Birth Flowers: Gladiolus and Poppy
Gladiolus represents integrity, strength of character, and remembrance.
Poppy symbolizes peace, imagination, and resilience.

Zodiac Signs:

- Leo (July 23 – August 22): Confident, generous, creative, and warm-hearted.
- Virgo (August 23 – September 22): Practical, thoughtful, organized, and dependable.

Seasonal Fun: August is the peak season for peaches, tomatoes, sweet corn, watermelon, and blueberries.

Did You Know?

- The Perseid Meteor Shower, one of the brightest meteor showers of the year, peaks each August.
- August was named after Augustus Caesar, the first Roman emperor.
- The "Dog Days of Summer" traditionally fall during August and refer to the hottest days of the year.



August 2026



Director's Notes & Updates

As we welcome August, I hope you've been enjoying all that summer has to offer. While the season is beginning to wind down, we're excited to keep the momentum going with new opportunities to learn, connect, and stay active here at St. Anthony's Senior Center.

This month marks the launch of two exciting new programs! We're thrilled to introduce SingFit, an interactive music-based program designed to engage the mind and bring people together through singing, movement, and fun. We're also kicking off StrongerMemory, a simple daily brain wellness program that focuses on reading, writing, and math exercises to help keep our minds active. We hope you'll join us in trying these new offerings!

As summer comes to a close, our seasonal salads have officially wrapped up for the year. We hope you enjoyed them, and we appreciate everyone who gave them a try! We're also excited to announce that we're piloting the return of Thursday evening dinners! We've heard from many members who have missed this opportunity, and we're looking forward to bringing everyone together for a shared meal once again. Be sure to check the newsletter for details and reservations.

Whether you're attending a class, joining us for lunch, heading out on a trip, or simply stopping by to visit friends, thank you for making our Senior Center such a welcoming and vibrant community. Your kindness, laughter, and support are what make this place so special.

Enjoy the rest of your summer, stay cool, and don't forget to drink plenty of water during these warm August days. We look forward to seeing you at the center!

Wishing you a safe, healthy, and happy August,

Lindsay Draper
Director, St. Anthony's Senior Center

P.S. Keep an eye on future newsletters and our bulletin boards—we have even more exciting programs and events in the works!

Upcoming Closures



St. Anthony Senior Center will be closed on Monday, September 7th in observance of Labor Day.

August 2026

Physical Fitness Schedule

Zumba: Mondays | 9:00 – 10:00 AM with Sandy J.
Group Exercise: Tuesdays | 9:00 – 10:00 AM with Patricia S.
Yoga: Wednesdays | 9:00 – 10:00 AM with Sandy J.
Sit, Stand, Move: Wednesdays | 1:30 – 2:30 PM with Amber R. & Marion H.
Tai Chi: Thursdays | 4:30 – 5:00 PM with Gale J.
Cardio Drumming: Thursdays | 9:00 – 10:00 AM with Amber R.
SingFit: Tuesdays | 10 AM-11 AM with Lindsay D. & Elizabeth N. 
no SingFit on 8/18/26

Most classes are offered in-person and virtually.

Fitness classes are held in the Exercise Room, with the exception of Exercise Bingo and Cardio Drumming, which are held in the Dining Room.

NEW PROGRAM:

Get ready to sing, move, laugh, and reminisce with SingFit—an interactive music program designed to engage the mind, body, and spirit through the power of music.

Each session combines familiar songs, gentle movement, music trivia, and fun conversations that spark memories and encourage social connection. Whether you love to sing or simply enjoy listening to great music, SingFit offers a welcoming, upbeat experience for everyone—no musical experience required!

Join us as we discover how music can brighten our day, strengthen connections, and make wellness fun.

Exercise Room

Treadmills, bikes, and weights are available for member use after waiver completion.



Aquatics

Fraim Center for Active Adults
669 S. Union Street

Transportation can be provided from St. Anthony to the Fraim Center for any morning Aquatic's programs.

There are different types of Fraim Center memberships. For information, please call the Fraim Center at (302) 658-8420.

August 2026

Social & Recreational

Nickel Bingo (bring your own nickels)

- Monday, Wednesday, Thursday, & Fridays:
 - 10:00 AM – 12:00 PM
- Tuesday evenings:
 - 6:00 PM

Arts & Crafts

Puzzles, art supplies, and adult coloring books are available for all to use in the craft room.

Please see monthly events for group projects.

Billiards & Cornhole

- Available daily
- Location: Billiard Room

Please register with a staff member for Cornhole.

Wii Bowling League

- Wii Bowling League has concluded for the 2026 season!



Wii Bowling Interest Meeting - 2026/2027 Season

Interested in Wii Bowling?

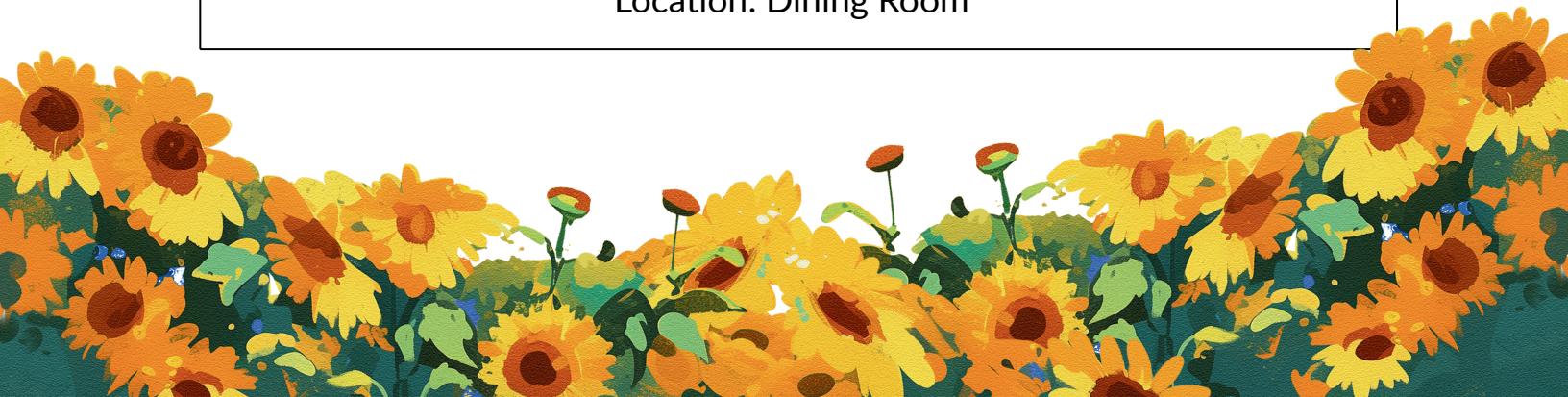
Join us for a fun informational meeting to learn about forming a Wii Bowling League at St. Anthony's!

We'll discuss league play, answer questions, and give everyone a chance to try Wii Bowling for themselves.

Date: Monday, August 3rd, 2026

Time: 1:00 PM

Location: Dining Room



August 2026

Keep Your Mind Active with StrongerMemory

At St. Anthony's Senior Center, we're always looking for new ways to help our members stay healthy, active, and independent. That's why we're excited to offer StrongerMemory, an evidence-informed brain wellness program designed for older adults.

StrongerMemory is built around simple daily reading, writing, and math exercises that take just 20–30 minutes a day to complete. These activities are designed to engage working memory and stimulate activity in the brain's prefrontal cortex. Research indicates that participants who practice these simple exercises consistently may experience stabilized or improved cognitive function.

According to the Alzheimer's Association's special report, "More than Normal Aging: Understanding Mild Cognitive Impairment," 12% to 18% of adults age 60 and older experience Mild Cognitive Impairment (MCI). The report also notes that 10% to 15% of people with MCI develop dementia each year, and more than 80% of Americans know little or are not familiar with MCI and its connection to dementia.

While occasional forgetfulness can be a normal part of aging, keeping your brain active is one of the many healthy habits that may help support cognitive wellness. StrongerMemory offers an easy, enjoyable way to exercise your mind in a supportive environment.

The program is free for all St. Anthony's Senior Center members. Materials are available at the Senior Center, and additional resources can be accessed online at StrongerMemory.org.

We invite you to join us as we strengthen our minds together... one day, one activity, and one brain workout at a time!

**Tuesdays @ 3:00 PM in the Dining Room
OR
Fridays @ 9:30 AM in the Dining Room**



August 2026

Activities Calendar		
Date & Time	Location	Activity
Monday, August 3 1:00 PM	Dining Room	Wii Bowling Interest Meeting
Wednesday, August 5 12:45 PM	Dining Room	What is 988? Presented by: Lindsay Draper
Friday, August 7 12:30 PM	Dining Room	Eat to Beat Disease Nutrition Education Presented by: Megan DeMers
Monday, August 10 9:30 AM	Dining Room	St. Francis Life Program Denise Garcia
Wednesday, August 10 9:30 AM	Dining Room	Delaware Council on Gambling Problems, Inc. Presentation by Jody Seyfferth
Wednesday, August 12 12:30 PM	Dining Room	Learn about Stand By Me 50+ with Karen Summa
Wednesday, August 19 1:00 PM	Dining Room	Blindsight Delaware <i>Learn about an upcoming Vision Loss Support Peer Group</i> with Simone Cooper
Monday, August 24 1:00 PM	Craft Room	Paint Party
Wednesday, August 26 12:30 PM	Dining Room	Physical Therapy Presentation Presented by: Dylan from Novacare
Monday, August 31 1:00 PM	1:00 PM	988 Support Circle





August 2026

Recreational Trips			
Date	Time	Trip	Fee
Tuesday, August 4th, 2026	10:00 AM to 1:30 PM	Price's Corner	\$2.00
Tuesday, August 11 th , 2026	10:00 AM to 1:30 PM	Delaware Park	\$3.00
Friday, August 21, 2026	10:00 AM to 1:00 PM	Booth's Corner	\$5.00
Tuesday, August 25 th , 2026	9:00 AM to 11:00 AM	Delaware Food Bank	FREE

Friendly Reminder

Please plan to return to the designated meeting location on time for departure.

Out of respect for all participants, the bus must leave as scheduled.

Repeated lateness may impact eligibility for future trips. If you need a watch, the Senior Center office can assist.

August 2026



Banking Trip

Date	Time
August 4 th , 2026	9:30 AM
August 11 th , 2026	9:30 AM
August 18 th , 2026	9:30 AM
August 25 th , 2026	9:30 AM

Grocery Shopping

ShopRite @ The Riverfront
Fee: \$2.00

*** Bus riders not going on the grocery shopping trip will be taken home first ***

Date	Time
August 6 th , 2026	2:15 PM
August 13 th , 2026	2:15 PM
August 20 th , 2026	2:15 PM
August 27 th , 2026	2:15 PM

Medical Appointments

- Mondays,
- Wednesdays
- & Thursdays

Fee: \$1.00

****NEW TIME FRAME****

Appointments time frames are now from 10am to 1:00 pm to better serve you!

*Appointments must be in our service area.
Please give us 48 hours notice when scheduling.*

Fee: \$1.00

Trip Registration

After 9:00 AM on the first day of each month

Advance sign-up required:
fees range from \$1-\$5
Full payment or required deposit due at sign-up

Trips are subject to change due to low registration, weather, traffic, or staffing.

August 2026



Social & Recreational

Bible Study (Non-Denominational)

- Thursdays: 10:30 – 11:30 AM
- Location: Library

All faiths welcome led by volunteer teacher, Barbara Petrucci

Computer Lab & Library

- Open during regular center hours

Technology Assistance is available *by appointment*

Little Lending Library/Reading Room:

- Books, magazines, and a variety of books are available.

Computers/Library

- Woodlawn Library offers computer instructions.
 - Transportation in our service area (during regular hours) is available.
- Contact Woodlawn Library by phone for more information at (302) 571-7425.

Support Services

Stand By Me 50+:

The Stand By Me 50+ program helps Delawareans approaching or in retirement make their finances work for them and maintain their quality of life.

Contact: Karen Summa

Call 302-658-4171 ext. 104 to schedule an appointment.

Blood Pressure Screenings: Alternating Thursdays in coordination with St. Francis Visiting Nurses

Notary Services: By appointment

Faxing & Copying: By Appointment

August 2026



Salon Services

- **Available by Appointment** with Piera Vassallo

A multi-talented stylist dedicated to helping clients feel comfortable and leave happy. Manicures are also available through her assistant, Kim.

Appointments: Call or text 302-545-1751

Gift Shop

Monday, Wednesday & Thursday:

- 9:00 AM – 12:00 PM

Tuesday:

- 2:00 – 4:30 PM

Our Gift Shop carries a variety of toiletries, bingo supplies, greeting cards, and everyday essentials.

Need more options? Join one of our grocery shopping trips for a wider selection!

Treat Trolley

The Snack Cart is open Monday through Friday from 10:00 AM to 1:00 PM in the Dining Room. A variety of snacks are available for purchase during these hours.





NUTRITION PRESENTATION

“EAT TO BEAT DISEASE”

Join Megan the Dietitian in a discussion about the popular book “Eat to Beat Disease.” No prior knowledge about the book is necessary! She will cover all the highlights!

DATE

TIME

AUG, 7TH - 12:30PM



Wii Bowling LEAGUE

Roll into fun,
friendship & friendly competition!

INTEREST MEETING!



AUGUST 3RD



1:00 PM



DINING ROOM



All skill
levels
welcome!



**STRIKE UP
SOME FUN!**

Help shape the league,
share your ideas,
and *be part of the fun*
from the start!



Good company. Great laughs. Amazing strikes. *Let's bowl!*



Paint Party!



Let's paint, relax,
and have some fun! ♥



AUGUST 24TH



1:00 PM



All supplies provided!
No experience needed.

Just bring your creativity!

Reserve
your spot
today!



Space is limited!

Good vibes, great company, and a
beautiful painting to take home!



Stronger MEMORY

A healthier
brain today for
a brighter
tomorrow!

STRENGTHEN YOUR MIND. ENRICH YOUR LIFE.

At St. Anthony's Senior Center, we're always looking for new ways to help our members stay healthy, active, and independent. That's why we're excited to offer **StrongerMemory**, an evidence-informed brain wellness program designed for older adults.

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While occasional forgetfulness can be a normal part of aging, keeping your brain active is one of the many healthy habits that may help support cognitive wellness. **StrongerMemory** offers an easy, enjoyable way to exercise your mind in a supportive environment.

★ **Free for ALL
Members!**

Materials are available at the
Senior Center, and additional
resources can be accessed online at
StrongerMemory.org.

We invite you to join us as we strengthen our minds together...

➤ **ONE DAY, ONE ACTIVITY, AND ONE BRAIN WORKOUT AT A TIME!** ➤



**TUESDAYS
@ 3:00 PM**

IN THE DINING ROOM



**FRIDAYS
@ 9:30 AM**

IN THE DINING ROOM



Stronger together. Smarter together. Healthier together.

We can't wait to see you there!



SingFit

SING. MOVE. CONNECT.



STIMULATE &
ACTIVATE
THE WHOLE BRAIN



IMPROVE
MOOD &
REDUCE STRESS



BUILD
FRIENDSHIPS &
STRENGTHEN
COMMUNITY



ENCOURAGE
MOVEMENT &
OVERALL WELLNESS



TUESDAYS @ 10:00 AM
IN THE DINING ROOM



YOU MATTER. TALK TO SOMEONE WHO CARES — IN DELAWARE.

CALL, TEXT OR CHAT 988

Veterans Press 1

Spanish-language Press 2

ASL users Videophone (VP),
text or chat

Reach a crisis counselor immediately Press 0

Trained counselors are standing by
for one-on-one, judgment-free support.

988
SUICIDE
& CRISIS
LIFELINE



24/7 | Free | Confidential



August 2026



Join us for lunch!

Lunch is served Monday–Friday at 12:00 PM
Dinner is served on Tuesdays & Thursdays at 5:00 PM

Please plan to arrive by these times for meal service.

Our meals are provided in partnership with City Fare, supporting older adults in our community with quality nutrition and connection.

St. Anthony's Senior Center welcomes individuals age 50 and older, regardless of race, creed, national origin, or disability.

Advanced Reservations Required

- St. Anthony Senior Center operates on an advance reservation system for all meals. This includes any meal substitutions, such as requesting a bag supper. Reservations must be made by 12:00 PM the day before you plan to attend. Monday meals must be reserved by Friday at 12:00 PM. Reservations are accepted via phone at 302-421-3735 and/or in-person.
 - *Please note: arriving late, even with a reservation, does not guarantee a meal.*
- Meals are served at the scheduled time, and quantities are based on reservations received.

We appreciate your cooperation in helping us plan and serve everyone efficiently.

Cost/Donation

- Ages 60+:
 - Suggested donation of \$4.00 per meal
- Under 60:
 - \$8.00 required cost
- Meal coupons are available upon request.

FYI

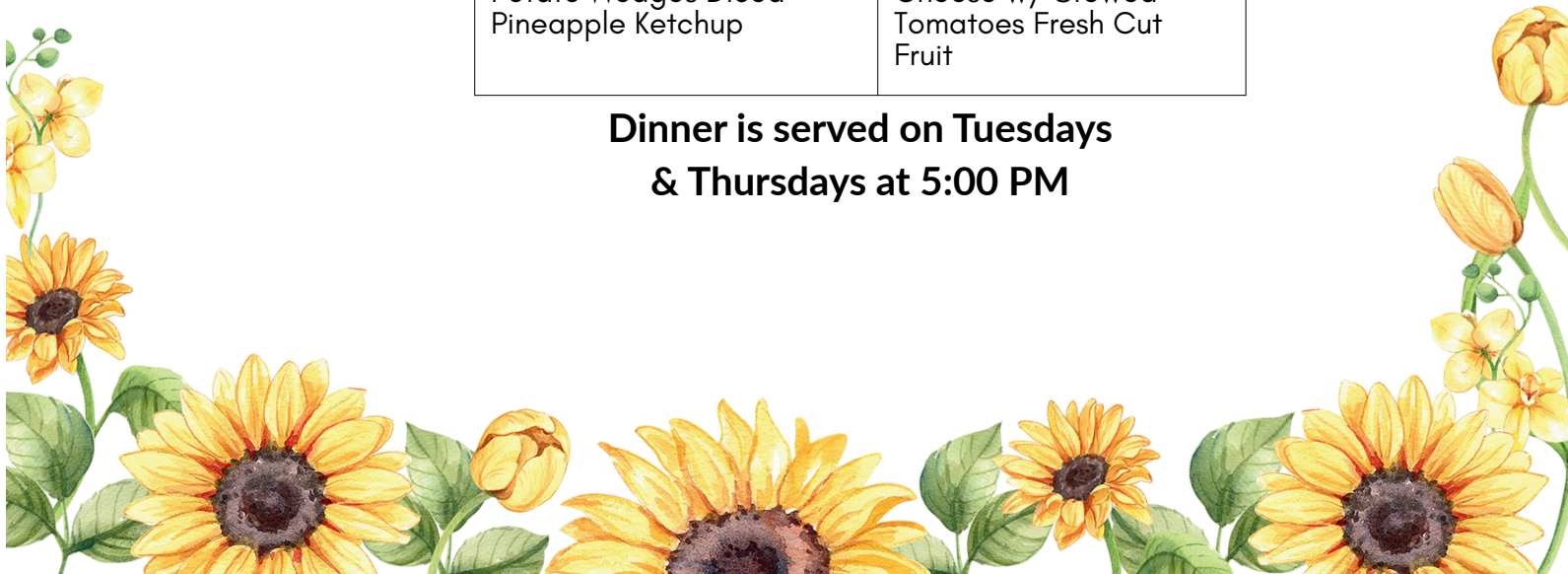
- All meals are served with 2% milk
- Menus and meals are subject to change

August 2026

EVENING MEALS

Tuesday	Thursday
<u>8/4</u> Chicken Gyro w/ Shredded Lettuce, Red Onion & Tzatziki Sauce on a Pita Side Greek Salad w/ Diced Cucumbers, Tomatoes, Olives & Feta Pineapple	<u>8/6</u> Pot Roast w/ Mashed Potatoes & Gravy
<u>8/11</u> Chicken Stir Fry w/ Ginger Teriyaki Sauce Oriental Vegetable Blend Brown Rice Mandarin Oranges	<u>8/13</u> Rachel Sandwich: Turkey w/ Swiss, Sauerkraut & Russian Dressing on Marble Rye Garden Vegetable Soup w/ WG Crackers Apple Slices
<u>8/18</u> Spaghetti & Meatballs Side Salad w/ Tomatoes & Cucumbers Diced Pear	<u>8/20</u> BBQ Chicken Bites w/ Cheesy Grits Seasoned Greens Cheesy Grits
<u>8/25</u> Cheeseburger on Kaiser Roll w/ Lettuce & Onion Potato Wedges Diced Pineapple Ketchup	<u>8/27</u> Breaded Flounder w/ Tartar Sauce Mac n Cheese w/ Stewed Tomatoes Fresh Cut Fruit

Dinner is served on Tuesdays
& Thursdays at 5:00 PM

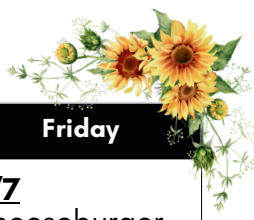




BAG SUPPER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<u>8/3</u> Roast Beef & Swiss Whole Grain Bread Edamame Succotash Apple Sauce Horseradish	<u>8/4</u> Caesar Salad Wrap WG Tortilla w/ Grilled Chicken, Lettuce, & Caesar Dressing Baby Carrots Tropical Fruit Cup	<u>8/5</u> Ham & Cheddar Sandwich on Whole Grain Bread Broccoli Bites Fresh Peach Mustard	<u>8/6</u> Turkey & Swiss on Marble Rye w/ Sliced Bell Peppers Mixed Fruit Cup Mayonnaise	<u>8/7</u> Tuna Salad on a Croissant with Lettuce and Tomato Cauliflower Bites Fresh Orange
<u>8/10</u> Ham & Cheddar Sandwich on a Potato Roll Cucumber Slices Pineapple Tidbits Mayo	<u>8/11</u> BBQ Chicken Wrap w/ Cheese Red Skin Potato Salad Mixed Fruit	<u>8/12</u> Turkey Club on White/ Wheat Bread Baby Carrots Fresh Orange Fruit Punch Mayonnaise	<u>8/13</u> Chicken Salad on a Croissant Broccoli Bites Apple Slices	<u>8/14</u> Cottage Cheese w/ Diced Peaches Celery Sticks Hard Boiled Egg WG Crackers
<u>8/17</u> Turkey & Cheddar on Whole Grain Bread Sliced Bell Peppers Diced Peaches Mayonnaise	<u>8/18</u> Roast Beef & Cheddar Cheese on Potato bun Marinated Vegetable Salad Fresh Peach Mustard	<u>8/19</u> Mini Bagel Peanut Butter & Jam Hard Boiled Egg Celery Sticks Tangerine	<u>8/20</u> Grilled Chicken Patty on Whole Wheat Hamburger Roll Coleslaw Pineapple Tidbits BBQ Packet	<u>8/21</u> Hummus w/ WG Pita Black Bean & Corn Salad Baby Carrots Diced Pears
<u>8/24</u> Roast Beef & Swiss on White/ Wheat Bread Cauliflower Bites Mandarin Oranges Mayo Packet	<u>8/25</u> Turkey w/ Provolone Sandwich on White Wheat Bread Baby Carrots Mixed Fruit Cup Mustard	<u>8/26</u> Egg Salad on White/Wheat Bread Broccoli Bites Pineapple	<u>8/27</u> Ham & Swiss on Whole Grain Bread Beet Salad Diced Pears Mustard	<u>8/28</u> PB&J Sandwich Cucumber Slices Apple Slices Cheese Stick
<u>8/31</u> Turkey & Provolone Sandwich on Whole Grain Bread Broccoli Bites Apple Sauce Mayonnaise	<u>9/1 NEW MONTH</u> Chicken Salad w/ Craisins on White/Wheat Bread Baby Carrots Diced Peaches	<u>9/2</u> Breakfast Sandwich Yogurt Cucumber Slices Fresh Orange	<u>9/3</u> Italian Hoagie (ham, salami, provolone, lettuce) Celery Mixed Fruit Italian Dressing	<u>9/4</u> Cheese Sandwich Hummus Baby Carrots Fresh Orange Mango Juice

LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
8/3 Bruschetta Chicken w/ Mozzarella & Balsamic Glaze WG Penne w/ Red Sauce Broccoli Diced Peaches	8/4 Breaded Flounder w/ Tartar Sauce Stewed Tomatoes Mac n Cheese Fresh Fruit	8/5 Chicken Po Boy w/ Provolone Cheese, Shredded Lettuce, Tomato & Pickle on Club Roll Wedding Soup WG Crackers Watermelon	8/6 Pasta Salad: Rotini w/ Diced Cucumbers, Onion, Tomatoes, & Mozzarella Cheese Grilled Chicken Breast Fresh Peach	8/7 Cheeseburger on a WG Kaiser Roll w/ Lettuce and Onion Potato Wedges Fresh Pineapple Ketchup
8/10 Dry Rub Bone In Chicken Wings 3 Bean Salad Split Top Roll Fresh Fruit	8/11 Tuna Salad on a Croissant w/ Lettuce & Tomato Pea Soup WG Crackers Diced Pears	8/12 BBQ Pulled Pork WG Kaiser Roll Sweet Potato Fries Green Beans Honeydew	8/13 Mediterranean White Fish Caribbean Vegetable Blend Brown Rice Fresh Fruit	8/14 Breaded Chicken Sandwich w/ Pickles Roasted Brussel Sprouts Tater Tots Diced Peaches
8/17 Pot Roast w/ Gravy Mashed Potatoes Carrots Split Top Roll Cantaloupe	8/18 Chicken Gyro w/ Shredded Lettuce, Red Onion & Tzatziki Sauce on a WG Pita Broccoli Tropical Fruit	8/19 Summer Picnic! Oven Fried Chicken Coleslaw Green Beans Corn Muffin Peach Cobbler w/ Vanilla Ice Cream	8/20 Grilled Cheese w/ Tomato Soup Succotash Fresh Fruit WG Crackers	8/21 Burrito Bowl w/ Brown Rice Ground Beef, Black Beans, Shredded Lettuce, Shredded Cheese, Salsa & Guacamole Diced Pineapple
8/24 Chicken Tenders Black Bean & Corn Salad Split Top Roll Watermelon Honey Mustard	8/25 Caesar Salad with Salmon Romaine Lettuce topped with Parmesan Cheese, Croutons, Caesar Dressing Fresh Orange	8/26 Ham w/ Scalloped Potatoes Green Beans Split Top Roll Tropical Fruit 	8/27 Chicken Stir Fry w/ Ginger Teriyaki Sauce Oriental Vegetable Blend Brown Rice Mandarin Oranges	8/28 Rachel Sandwich Turkey, w/ Swiss, Sauerkraut & Russian Dressing on Marble Rye Vegetable Soup Apple Slices
8/31 BBQ Chicken Bites Seasoned Greens Cheesy Grits Cantaloupe	9/1 NEW MONTH SEPTEMBER Crab Cake Sandwich w/ Tartar Sauce and Shredded Lettuce on WG Kaiser Roll Sweet Potato Fries Coleslaw Honeydew	9/2 Chicken Salad Platter on Romain Lettuce & Sliced Tomatoes Celery Sliced Apples WG Crackers	9/3 Chicken Philly cheesesteak w/ Provolone Cheese, Peppers & Onions on a WG Club Roll Roasted Broccoli Fresh Fruit	9/4 Spaghetti & Meatballs Salad w/ Tomatoes & Cucumbers Diced Pear