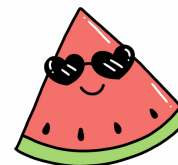


All meals are from 11AM - 1PM



# AUGUST MENU



Free meals for those 60+ and their loved ones of all ages

MONDAY EAST LIBRARY	TUESDAY CLARK LIBRARY	WEDNESDAY CLARK LIBRARY	THURSDAY EAST LIBRARY	FRIDAY WHITNEY LIBRARY
	<b>1</b> <b>CHICKEN MARSALA</b> WG ● Pasta	<b>2</b> ● <b>MINISTRONE SOUP</b> WG ● Roast Beef Sandwich	<b>3</b> <b>BEEF TACOS</b> WG Spanish Rice Pinto Beans WG Corn Tortillas	<b>4</b> ● ● <b>CHICKEN FRIED RICE</b> Broccoli
<b>7</b> WG ● ● <b>EGGPLANT PARMESAN PASTA</b>	<b>8</b> <b>BEEF &amp; BROCCOLI</b> WG Brown Jasmine Rice	<b>9</b> <b>VEGETABLE SOUP</b> WG ● ● ● Grilled Chicken Sandwich	<b>10</b> ● ● <b>MAC N CHEESE</b> Beans & Franks	<b>11</b> <b>ROASTED CHICKEN</b> Yams
<b>14</b> ● ● <b>MEATLOAF</b> Mashed Potatoes	<b>15</b> ● ● ● <b>CHICKEN CHOW MEIN</b>	<b>16</b> <b>TOMATO FENNEL SOUP</b> WG ● ● Grilled Cheese Sandwich	<b>17</b> ● ● ● <b>MEAT LASAGNA</b>	<b>18</b> WG <b>CHICKEN ENCHILADAS</b> WG Spanish Rice Pinto Beans
<b>21</b> <b>TERIYAKI CHICKEN</b> WG Jasmine Rice	<b>22</b> WG ● <b>PASTA W/ MEAT SAUCE</b>	<b>23</b> <b>MUSHROOM SOUP</b> WG ● ● ● Tuna Salad Sandwich	<b>24</b> <b>SLOPPY JOES</b> WG ● Dinner Rolls	<b>25</b> WG ● ● <b>CHICKEN PARMESAN</b> Penne Pasta and Veggies
<b>28</b> <b>BROILED SALMON</b> Roasted Potatoes	<b>29</b> <b>BBQ CHICKEN</b> Roasted Potatoes Corn	<b>30</b> ● <b>CREAM OF BROCCOLI SOUP</b> WG ● Turkey Sandwich	<b>31</b> ● ● <b>FISH STICKS</b> Tater Tots Cole Slaw	<b>See other side for additional information and programming</b>

**Allergen Key**

- Contains Soy
- Contains Egg
- Contains Milk
- Contains Wheat/Gluten

WG = Whole Grain

All menu items include choice of water, coffee, or hot tea and include a vegetable, fruit, and house salad. Menu items subject to availability and changes.



MEMBER OF FEEDING AMERICA

Las Vegas-Clark County  
**LIBRARY DISTRICT**

www.lvccld.org

# AUGUST 2023

EAST LAS VEGAS LIBRARY

Mondays & Thursdays  
2851 E. Bonanza Rd.

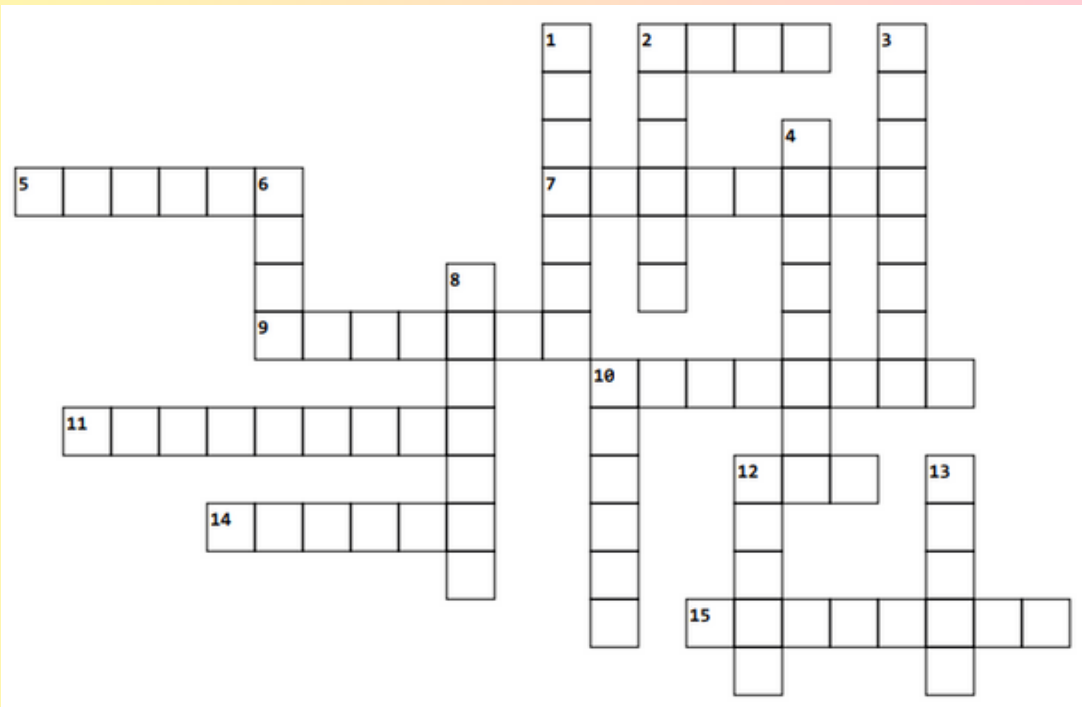
CLARK COUNTY LIBRARY

Tuesdays & Wednesdays  
1401 E. Flamingo Rd.

WHITNEY LIBRARY

Fridays  
5175 E. Tropicana Ave.

## SUMMER CROSSWORD PUZZLE



### Across

2. Do this in a pool to keep cool
5. Walk up mountain trails and see the great outdoors with this activity
7. A refreshing, sweet and tart yellow drink
9. Reel in a big catch at a lake with this activity
10. A frozen treat eaten on a stick
11. Cooked on the grill and eaten on a bun
12. This yellow and black bug buzzes and makes honey
14. A beautiful plant with colorful petals
15. A sweet, frozen dessert

### Down

1. Knock down all the pins and get a strike in this activity
2. August is part of this season
3. This sport has a batter, umpire and a pitcher
4. Roast marshmallows or tell stories around this at night
6. Go for a hole-in-one with this sport
8. Visit here for free senior meals, activities, and books
10. A fun meal outdoors, sometimes carried in a basket
12. Go here to sunbathe or watch the ocean waves
13. Stay hydrated by drinking lots of this clear beverage

## UPCOMING PROGRAMMING

### Mondays

- 8/7: Board Games
- 8/14: Matinee Movie
- 8/21: Board Games
- 8/28: Matinee Movie

### Tuesdays

- 8/1: Tuesday's Hollywood Hits: "Confess, Fletch" @ 1 PM
- 8/8: Golden Hour Games @ Noon
- 8/15: Tuesday Afternoon at the Bijou: "The Good, the Bad, and the Ugly" @ 1 PM
- 8/22: Golden Hour Games @ Noon
- 8/29: Summer Health Resource Fair  
12 PM - 2 PM

### Wednesdays

Golden Hour  
Games

Thursdays  
Bingo

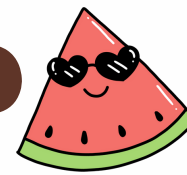
### Fridays

Golden Hour  
Games

Todas las comidas son de 11AM - 1PM



# MENÚ DE AGOSTO



Comida gratis para personas mayores de 60+ y sus seres queridos de todas las edades

LUNES EAST LIBRARY	MARTES CLARK LIBRARY	MIÉRCOLES CLARK LIBRARY	JUEVES EAST LIBRARY	VIERNES WHITNEY LIBRARY
	<b>1</b> POLLO MARSALA GI ● Con Pasta	<b>2</b> ● SOPA DE MINISTRONE GI ● Sándwich de Carne	<b>3</b> TACOS DE CARNE GI Arroz Rojo Frijoles Pinto GI Tortillas de Maíz	<b>4</b> ● ● ARROZ FRITO CON POLLO Brócoli
<b>7</b> GI ● ● PASTA CON BERENJENA A LA PARMESANA	<b>8</b> CARNE DE RES Y BRÓCOLI GI Arroz Jazmin Integral	<b>9</b> SOPA DE VERDURAS GI ● ● Sándwich de Pollo a la Parrilla	<b>10</b> ● ● MACARRONES DE QUESO Frijoles y Salchichas	<b>11</b> POLLO ASADO Camote
<b>14</b> ● ● PASTEL DE CARNE Puré de Papas	<b>15</b> ● ● ● CHOW MEIN DE POLLO	<b>16</b> SOPA DE HINOJO DE TOMATE GI ● ● Sándwich de Queso	<b>17</b> ● ● ● LASAÑA DE CARNE	<b>18</b> GI ENCHILADAS DE POLLO GI Arroz Rojo Frijoles Pinto
<b>21</b> POLLO TERIYAKI GI Arroz Jazmin	<b>22</b> GI ● PASTA CON SALSA DE CARNE	<b>23</b> SOPA DE CHAMPIÑONES GI ● ● Sándwich de Atún	<b>24</b> SLOPPY JOES GI ● Panecillo	<b>25</b> GI ● ● PASTA DE POLLO PARMESANO Verduras
<b>28</b> SALMÓN ASADO Papas Rostizadas	<b>29</b> POLLO CON SALSA BBQ Papas Rostizadas Elote	<b>30</b> ● CREMA DE BRÓCOLI GI ● Sándwich de Pavo	<b>31</b> ● ● PALITOS DE PESCADO Tater Tots Ensalada de Repollo	<b>Ver otro lado para obtener información adicional y programación</b>

## Clave de Alérgenos

- Contiene Soja
- Contiene Huevo
- Contiene Leche
- Contiene Trigo/Gluten
- GI = Grano Integral

Todos los elementos del menú incluyen elección de agua, café, o té e incluyen ensalads, verduras, y frutas. Elementos del menú sujetos a disponibilidad y cambios.



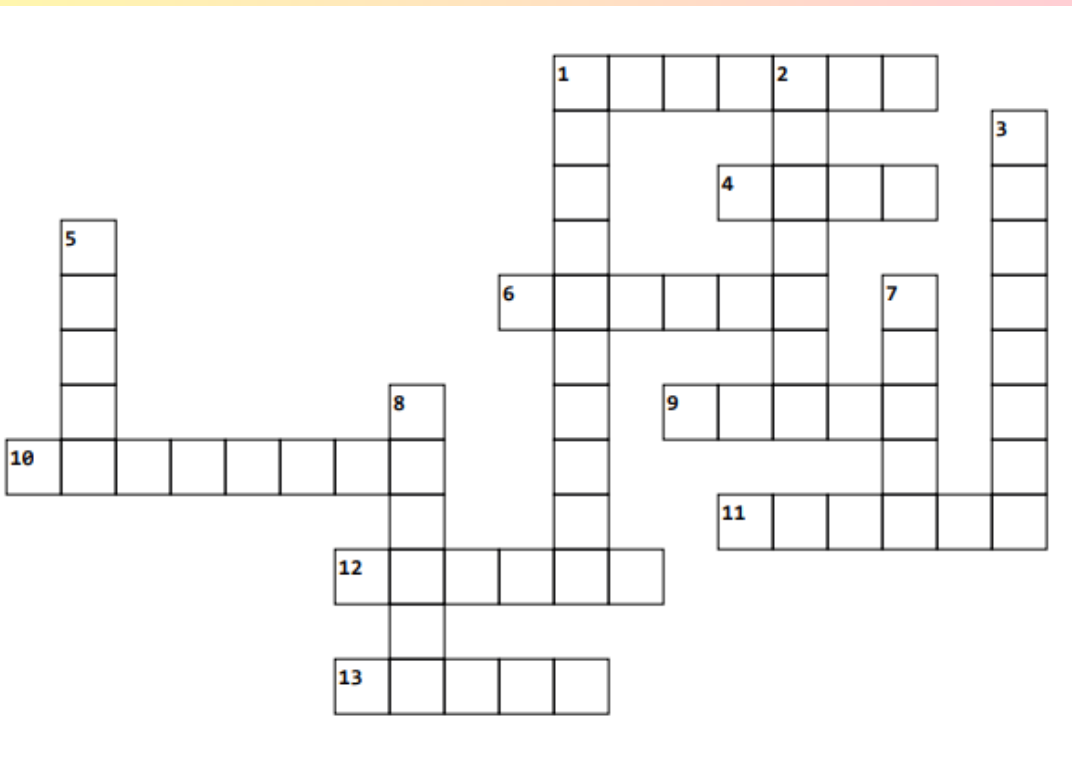
Las Vegas-Clark County  
**LIBRARY DISTRICT**  
www.lvccld.org

Lunes & Jueves  
2851 E. Bonanza Rd.

Martes & Miércoles  
1401 E. Flamingo Rd.

Viernes  
5175 E. Tropicana Ave.

## CRUCIGRAMA DE VERANO



### Horizontal

- 1. Deporte que usa un bate
- 4. Una planta con petalos
- 6. Una comida campestre
- 9. Un postre dulce y congelado, hecho de leche
- 10. Caminar por senderos de montaña
- 11. Se usa para alumbar y calentar una noche de campamento
- 12. Atrapa una gran captura en agua con esta actividad
- 13. Se puede meter a la piscina para hacer esto

### Vertical

- 1. Aqui se encuentran libros de todo género
- 2. Se pueden derribar los pines con una pelota
- 3. Bebida hecha de limon
- 5. Se puede ir aqui para meterse al mar
- 7. insecto que produce miel
- 8. Postre congelado en palo, hecho de fruta

## PRÓXIMA PROGRAMACIÓN

### Lunes

- 8/7: Juegos de Mesa
- 8/14: Película Matinée
- 8/21: Juegos de Mesa
- 8/28: Película Matinée

### Martes

- 8/1: Hollywood Hits: "Confess, Fletch"
- 8/8: Golden Hour Games @ Medio Día
- 8/15: Martes en la Tarde al Bijou: "The Good, the Bad, and the Ugly @ 1 PM
- 8/22: Golden Hour Games @ Medio Día
- 8/29: Feria de Recursos de Salud de Verano  
12 PM - 2 PM

### Miércoles

Golden Hour  
Games

### Jueves

Bingo

### Viernes

Golden Hour  
Games