

# This Week at Mountain Creek

## Beat the Heat!

Helpful Tips to Deal with Excessive Temperatures

**STAY  
COOL**

*DRINK  
MORE  
WATER.*



Keep indoors (children and pets also) and refrain from strenuous outdoor activity or exercise

Remain hydrated, drink lots of fluids and monitor your fluid intake

Dress appropriately and use sunscreen. Wear breathable, lightweight, pale colored clothing

Be aware of the temperature forecasts and heat index and be prepared as possible

## Heat Exhaustion Symptoms

Confusion, Vomiting or Nausea

Dizziness, Fainting, Fatigue or Headache

Cramps, Sweating or Rapid Heartbeat

**July 5th**

TODAY IS NATIONAL  
BIKINI DAY



**Monday July 6th**  
Happy National  
KISSING DAY



**Tuesday July 7th**

**2:00 P.M. QUARTER  
BINGO  
IN MPR**

**Wednesday JULY 8th**

**10:00 A.M. BLOOD PRESSURE  
CHECKS WITH BRIDEWAY**

**Thursday July 9th**

**2:00-3:00 P.M.  
PRIZE BINGO**



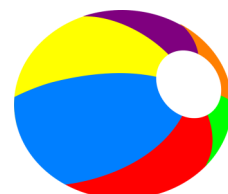
**Friday July 10th**

**6:00 p.m.**

**"SURF'S UP"  
MOVIE**

**Saturday July 11th**

**Have a Beachy Day!**



# Mountain Creek Weekly Menu

DAILY HOURS: SEE YOUR TIME CARD

**ALWAYS AVAILABLE AT BREAKFAST: COLD CEREAL OF CHOICE, OMELETS, EGGS TO ORDER, HASHBROWNS & GRAVY**

SUNDAY, July 5				
<b>BREAKFAST:</b> Sausage Oatmeal  Pancakes	<b>LUNCH:</b> Beef Brisket BBQ Chicken  Potato Salad, Italian Green Beans, Coleslaw & Roll	<b>SOUP OF THE DAY</b>  Chicken Noodle	<b>SUPPER:</b> Turkey & Cheese Croissant Sandwich w/ Lettuce & Tomato Pickle Spear & Slice of Watermelon	<b>DESSERT :</b>  Mango Cheesecake
MONDAY, July 6				
<b>BREAKFAST:</b> Bacon Cream of Wheat  Blueberry Muffin	<b>LUNCH:</b> Garlic Butter Salmon Salisbury Steak  Twice Baked Potato, Sautéed Spinach, Okra & Tomatoes & Bavarian Bread	<b>SOUP OF THE DAY</b>  Cream of Potato	<b>SUPPER:</b> Sloppy Joe w/ Fritos & Cup of Fresh Fruit	<b>DESSERT:</b>  Raisin & Oatmeal Cookies
TUESDAY, July 7				
<b>BREAKFAST:</b> Sausage Grits  Biscuit & Sausage Gravy	<b>LUNCH:</b> Honey Mustard Chicken Spaghetti w/ Meat Sauce  Roasted New Potatoes, Broccoli, Buttered Corn & Garlic Bread	<b>SOUP OF THE DAY</b>  Beef & Vegetables	<b>SUPPER:</b> Tuna Salad w/side of Beets Potato Chips Fresh Banana	<b>DESSERT:</b>  Banana Splits
WEDNESDAY, July 8				
<b>BREAKFAST:</b> Bacon Oatmeal  French Toast	<b>LUNCH:</b> Fried Chicken Rosemary Pork Loin  Garlic Mashed Potatoes, Gravy, Black Eyed Peas, Vegetable Medley, & French Bread	<b>SOUP OF THE DAY</b>  Broccoli & Cheese	<b>SUPPER:</b> Pizza Pocket Side of Pasta Salad & Fresh Strawberries	<b>DESSERT:</b>  Chess Pie
THURSDAY, July 9				
<b>BREAKFAST:</b> Sausage Grits  Breakfast Burrito	<b>LUNCH:</b> Honey Glazed Ham Turkey & Dressing  Baked Sweet Potato, Green Bean Casserole, Cranberry Sauce, & Roll	<b>SOUP OF THE DAY</b>  Creamy Corn Chowder	<b>SUPPER:</b> Fish Sandwich on a Bun w/ Lettice & Tomatoes Macaroni & Cheese	<b>DESSERT:</b>  Root Beer Floats
FRIDAY, July 10				
<b>BREAKFAST:</b> Bacon Cream of Wheat  Cinnamon Roll	<b>LUNCH</b> Fried or Baked Catfish Sweet & Sour Chicken w/ Brown Rice Fried Potatoes, Pinto Beans Turnip Greens, Hushpuppies, & Cornbread	<b>SOUP OF THE DAY</b>  Split Pea	<b>SUPPER:</b> Roast Beef Sandwich on a Bun w/ Cheese & Lettuce & Tomatoes, Fritos & Jell-O	<b>DESSERT:</b>  Vanilla Icing Cake
SATURDAY, July 11				
<b>BREAKFAST:</b> Sausage Oatmeal  Breakfast Jack	<b>LUNCH:</b> Chicken Spaghetti Parmesan Crusted Tilapia  Baked Potato w/ Fixings, Beets, Asparagus, & Garlic Bread	<b>SOUP OF THE DAY</b>  Tomato Basil	<b>SUPPER:</b> Cheese Ravioli w/ Marinara Sauce, Garlic Bread Stick, Fresh Apple	<b>DESSERT :</b>  Chocolate Cream Pie