

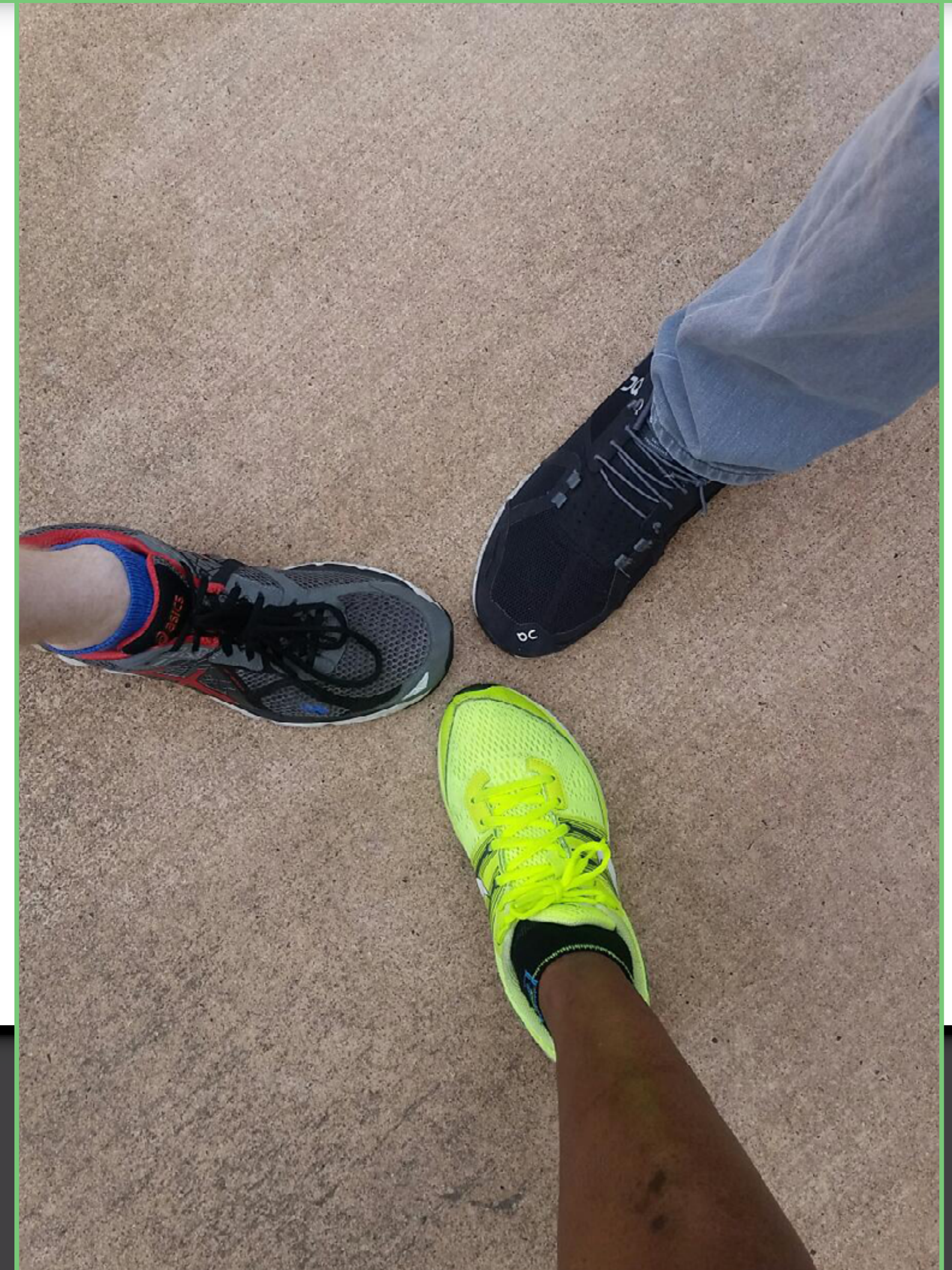


July 3-9, 2017

PPPL's Run Club is a runaway success



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Run for your health!

PPPL Run Club

**Daily meets at 12:15 p.m.
in the LSB Lobby**



See Angela Powell (x3347) or Laurie Bagley (x2425) for details.

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2017 Fishing Trip

Aboard the 80' Suzie Girl

Date: Sunday August 6th, 2017

Departure: 7:30AM SHARP!!!

Location: Belmar Marina Hwy. 35, Belmar, NJ 07719

Cost: \$80 Per person ALL INCLUSIVE

Cost includes everything Rods, bait, fish cleaning, food, beverages.
All you need to do is show up!

If the trip is rescheduled due to bad weather there are NO REFUNDS.

Contact Andy Carpe, ext. 2118, acarpe@pppl.gov, Bob Tucker Jr., ext. 3190, rltucker@pppl.gov, or Andy Konca, ext. 2537, akonca@pppl.gov

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BREAKFAST 7 a.m. • 10 a.m.

CONTINENTAL BREAKFAST 10 a.m. • 11:30 a.m.

LUNCH 11:30 a.m. • 1:30 p.m.

SNACK SERVICE until 2:30 p.m.

	Monday July 3	Tuesday July 4	Wednesday July 5	Thursday July 6	Friday July 7
COMMAND PERFORMANCE Chef's Feature	Chicken-Fried Steak Melt with Fries	Happy Independence Day!	Chicken Gyro served with Greek Salad	Pineapple Chicken Kabob served over White Rice	Four-Cheese Baked Macaroni and Cheese with Stewed Tomatoes.
Early Riser	Banana-Walnut Pancakes		Chicken Omelet	French Toast Sticks	2 Eggs, Choice of Breakfast Meat & Tater Tots
Country Kettle	Spring Vegetable		Tuscan Bean	Split Pea	New England Clam Chowder
Deli Special	Seafood Salad Croissant		Curried Ham Salad Ciabatta	Asparagus Wrap with Sundried Tomatoes, Roasted Peppers & Mozzarella Cheese	Italian Chopped Antipasti Wrap
Grille Special	Fried Mortadella Sandwich		Italian Hot Dog	BBQ Beef Grilled Cheese	Crab Quesadilla with Asparagus & Roasted Pepper
Panini	3-Cheese Panini with Cheddar, Swiss, Blue Cheese & Tomato on Sourdough		Sausage Torpedo with Peppers & Onions	Falafel Wrap	Tuna Melt English Muffin with Fries

MENU SUBJECT TO CHANGE WITHOUT NOTICE

HEART HEALTHY

VEGETARIAN OPTION

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