




Please call by 8:30 AM and leave a message for your reservation 441-454-2145

JULY 2018 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sloppy Joe on WW Bun Potato Salad Copper Pennies Tapioca Pudding	3 Goulash California Blend Vegetables WW Garlic Bread Oatmeal Fruit Bar Banana Half	4 	5 Hot Dog on Bun Baked Beans Mac & Pea Salad Fresh Fruit	6 Caribbean Chicken Rice Pilaf Broccoli Strawberries & Bananas Tomato Juice
9 Tater Tot Casserole Tossed Salad Apple Crisp OJ	10 Egg Salad on Bun Tomato Spoon Salad Sweet Summer Salad Royal Brownie Cantaloupe	11 Roast Turkey Potatoes & Gravy Spinach Au Gratin Blushing Pears	12 Baked Chicken Baked Beans Asparagus Orange Wedges WW Roll	13 Crunchy Pollock Roasted Red Potatoes Broccoli Strawberries w/ Ice Cream
16 Spag & Meat Sauce Garlic Bread Carrots Ice Cream	17 Liver & Onions or Beef Patty Baked Potatoes Mixed Veggies Straw & Bananas WW Roll	18 Meat Loaf Baked Potato Harvard Beets Cranberry/Pear Crisp Orange Juice	19 Beef & Noodles Broccoli Creamy Cole Slaw Cinnamon Apples Apricots	20 Chicken, Orange and Almond Salad Raisin Bran Muffin Fruit Cup Chocolate Pudding
23 Fish Potato Wedges Peas Chocolate Pudding Peaches	24 Cheese Burger WW Bun Santa Fe Corn Baby Carrots Plums OJ	25 Ham Roasted Red Potatoes California Blend Raisin Rice Pudding	26 Golden Baked Chicken Potatoes w/ Gravy Garden Beans Fruit Cup WW Roll	27 Porcupine Meatballs Mashed Potatoes Brussel Sprouts Strawberries & Bananas
30 Hot Pork Sandwich w/ WW Bread and Potatoes w/Gravy Orange Glazed Beets Oatmeal Raisin Bar	31 Beef Stew Corn Bread layer Salad Apple Sauce Tomato Juice	Each Meal Includes: * 1/3 of the Required Daily Amounts (RDA) *Milk * Condiments as appropriate * Sodium >800mg 		 Amy Barnes MS RON LDN

SENIOR CENTER