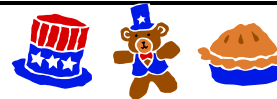




July 2018



MONDAY 2*	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6*
Chicken w/Veggies over Pasta Steamed Italian Green Beans Caesar Salad w/LF Dressing Garlic Toast Fresh Fruit in Season	Polish Sausage w/Diced Onions, Tomatoes & GC Roasted Potato Wedges Coleslaw Cake w/Fresh Strawberries	HAPPY 4TH OF JULY ALL CENTERS CLOSED 	Waldorf Chicken Salad Wrap Pasta Salad w/ Olives, Diced tomatoes, Green Onion, Bell Pepp Italian Dressing Broccoli and Grape Salad Fresh Orange	Country Fried Steak w/Gravy Mashed Potatoes Steamed Fresh Green Beans Garden Salad w/LF Dressing Biscuit w/Margarine Fresh Apple
MONDAY 9*	TUESDAY 10*	WEDNESDAY 11	THURSDAY 12*	FRIDAY 13
Meatball Sandwich Herbed Pasta Steamed Broccoli Caesar Salad w/LF Dressing Chilled Peaches	Baked Ham w/Pinapple Glaze Roasted Red Potatoes Streamed Cauliflower WW Roll w/Margarine Garden Salad w/LF Dressing Fresh Pineapple	GC Chicken Enchilada Spanish Rice Steamed Zucchini and Onions Shredded Lettuce, Tomato Fresh Watermelon Oatmeal Cookie	Rotini w/Tomato and Olive Sauce Italian Veggies Red Pepper and Black Bean Salad Breadstick Fresh Grapes	Chicken Taco Salad w/Cheese, Tomatoes, Olives, Green Onions and Tortilla Chips Salsa and Sour Cream Fresh Orange
MONDAY 16*	TUESDAY 17*	WEDNESDAY 18	THURSDAY 19*	FRIDAY 20
Salisbury Steak w/Gravy Mashed Potatoes Brussels Sprouts Garden Salad w/LF Dressing WW Roll w/Margarine Chilled Fruit Cocktail	Pulled Pork Sandwich Baked Beans Steamed Mixed Vegetables Coleslaw Fresh Grapes	Chef's Salad w/Turkey, Ham Tomato, Cheese & Egg Club Crackers Croutons Fresh Orange LF Vanilla Pudding	Roast Beef w/Au Jus Scalloped Potatoes Steamed Broccoli Garden Salad w/LF Dressing WW Roll w/Margarine Fresh Pineapple Spear	Baked Salmon w/Lemon Butter Wild and White Rice Pilaf Green Beans Almondine Garlic Breadstick Coleslaw Chilled Peaches
MONDAY 23*	TUESDAY 24*	WEDNESDAY 25*	THURSDAY 26*	FRIDAY 27*
Apricot Glazed Chicken Couscous Steamed Buttered Peas Garden Salad w/LF Dressing WW Roll w/ Margarine Chilled Apricots	Pasta Fagiole w/Chicken Steamed Broccoli Garden Salad w/LF Dressing Garlic Toast Chilled Pears	Meatloaf Mashed Potatoes w/Gravy Steamed Mixed Vegetables Garden Salad w/LF Dressing Biscuit w/Margarine Fresh Watermelon	RC Cheese Enchiladas Spanish Rice Shredded Lettuce Diced Tomato Chuckwagon Corn Oatmeal Cookie	Garlic/Ginger Chicken Asian Noodles Steamed Green Beans Garden Salad w/LF Dressing Sweet Roll w/Margarine Chilled Mandarin Oranges
MONDAY 30	TUESDAY 31*			
Frito Pie Stewed Tomatoes & Onions Shredded Lettuce, Tomato Flour Tortilla Fresh Grapes	Santa Fe Chicken Rice W/Black Beans And Corn Garden Salad w/LF Dressing Cornbread w/Honey Strawberries and Bananas	Senior Meals Suggested Donation Lunch \$2.00 Under 60 years \$6.00 MENU SUBJECT TO CHANGE		L F 1% Milk Served w/Each Meal Can Fruit in Light Syrup WW= Whole Wheat GC=Green Chili RC = Red Chili LF = Lowfat HM = Honey Mustard

FINAL APPROVED