




July, 2010 Senior Nutrition Menu

Monday	Tuesday	Wednesday	Thursday - 1	Friday - 2
			Cook's Choice From prior approved menu	BBQ Menu Watermelon Cup BBQ Ribs Baked Beans Coleslaw Corn Bread Peach Crisp
Monday - 5	Tuesday - 6	Wednesday - 7	Thursday - 8	Friday - 9
Happy Independence Day (observed) CLOSED	Caesar Salad Spaghetti with Italian Sausage Green Beans Garlic Bread Strawberries	Green Salad Chicken Piccata Steamed Rice Steamed Broccoli Fresh Fruit Cup	Cook's Choice From prior approved menu	Carrot Raisin Salad Meatloaf Potatoes/Gravy Mixed Veggies Custard
Monday - 12	Tuesday - 13	Wednesday - 14	Thursday - 15	Friday - 16
Broccoli Slaw Fish & Chips Cantaloupe Wedge Brownie	Green Salad Roast Beef Baked Potato Zucchini Ice Cream Sundae	Vegetable Soup Chef Salad Garlic Bread Strawberry Shortcake	Cook's Choice From prior approved menu	Ambrosia Chicken Teriyaki Steamed Rice Stir Fried Veggies Pineapple Upside Down Cake
Monday - 19	Tuesday - 20	Wednesday - 21	Thursday - 22	Friday - 23
Green Salad French Dip Sandwich Fries Corn Cobbette Sherbet	Cottage Cheese & Pineapple Turkey Tetrazzini Deluxe Beets Fresh Fruit	Spinach Salad Baked Fish Potatoes Au gratin Broccoli & Cauliflower Tapioca Pudding	Cook's Choice From prior approved menu	Tomato & Cucumber Swiss Steak Buttered Noodles Mixed Veggies Gelatin
Monday - 26	Tuesday - 27	Wednesday - 28	Thursday - 29	Friday - 30
Fruited Rice Salad Pork Chops Applesauce Braised Cabbage Cake	Green Salad Chicken Enchiladas Spanish Rice Refried Beans Strawberries	Spinach Salad Beef Stroganoff Noodles Glazed Carrots Fresh Fruit Cup	Cook's Choice From prior approved menu	Carrot Raisin Salad Jambalaya Steamed Rice Apple Cobbler

Menu Subject to change without notice.

Reservations suggested, please call your local Senior Nutrition Site to sign up.

Suggested Voluntary Donation of between \$3.00 - \$5.00 per meal for those ages 60 and above, guests \$7.00 per person.

Milk and Whole Wheat Rolls served daily