




## Port Townsend, July, 2010 Senior Nutrition Menu

Monday	Tuesday	Wednesday	Thursday - 1	Friday - 2
			BBQ Menu Watermelon Cup BBQ Ribs Baked Beans Coleslaw Corn Bread Peach Crisp	
Monday - 5	Tuesday - 6	Wednesday - 7	Thursday - 8	Friday - 9
<b>Happy Independence Day (observed)</b> <b>CLOSED</b>	Caesar Salad Spaghetti with Italian Sausage Green Beans Garlic Bread Strawberries	Green Salad Chicken Piccata Steamed Rice Steamed Broccoli Fresh Fruit Cup	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	<b>Cook's Choice</b> From prior approved menu	
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	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	<b>Cook's Choice</b> From prior approved menu	

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