












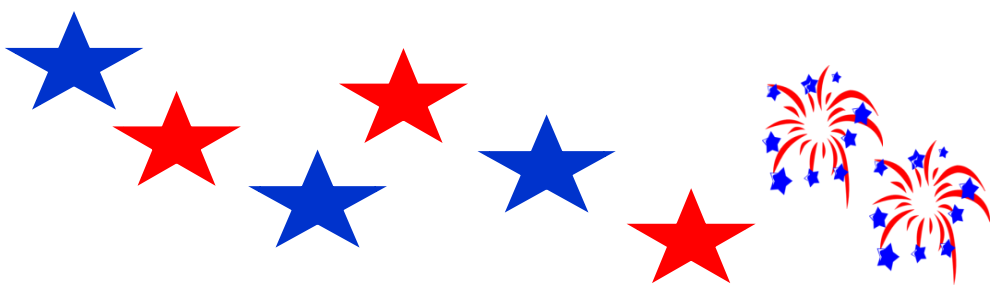




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">July 1</p> <p>Spinach and Artichoke Chicken 1/2 cup Bow Tie Pasta 1/2 cup Mixed Vegetables Wheat Bread 1/2 cup Mandarin Oranges</p> <p style="text-align: right;"></p>	<p style="text-align: center;"><u>July Birthdays</u></p> <p style="text-align: right;">July 2</p> <p>Sweet and Sour Meatballs (4) 1/2 cup Brown Rice 1/2 cup Creamy Coleslaw Wheat Bread 1/2 cup Mixed Fruit</p> <p style="text-align: center;"><u>Birthday Cake</u></p>	<p style="text-align: center;"><u>4th of July Special</u></p> <p style="text-align: right;">July 3</p> <p>1/2 cup Pulled Pork Sandwich 1/2 cup Potato Salad 1/2 cup Baked Beans Sandwich Roll Watermelon</p> <p style="text-align: right;"></p>	<p style="text-align: center;"><u>Happy 4th</u></p> <p style="text-align: center;"></p> <p style="text-align: center;">Senior Centers Closed</p> <p style="text-align: right;">July 4</p>	<p style="text-align: right;">July 5</p> <p>Bacon Bleu Burger (Burger, Bacon Round, and Blue Cheese Crumble) 1 cup Creamy Potato Soup with Crackers Sandwich Roll Fresh Apple Mayonaisse Packet</p> <p style="text-align: right;"></p>
<p style="text-align: right;">July 8</p> <p>Roasted Pork with Dijon Mushroom Sauce 1/2 cup Vegetable Rice Pilaf 1/2 cup Green Beans Wheat Bread 1/2 cup Pineapple Delight</p>	<p style="text-align: right;">July 9</p> <p>Tuna Salad Sandwich with Lettuce and Tomato 1 cup Lentil Soup with Crackers 2 Slices White Bread Fresh Seasonal Fruit</p> <p style="text-align: right;"></p>	<p style="text-align: right;">July 10</p> <p>Chicken Parmesan with Marinara and Cheese Topping 1/2 cup Penne Pasta with Sauce 1 cup Tossed Salad with Dressing Italian Bread 4 ounces Apple Juice</p>	<p style="text-align: right;">July 11</p> <p>Salisbury Steak with Gravy 1/2 cup Cheddar Whipped Potatoes 1/2 cup Sweet Peas White Bread 1/2 cup Pears</p> <p style="text-align: right;"></p>	<p style="text-align: right;">July 12</p> <p>Sweet Sausage Sandwich with Peppers and Sauce 1/2 cup Cheesy Hashbrowns Whole Grain Sausage Roll Fresh Melon</p>
<p style="text-align: right;">July 15</p> <p>Rotisserie Chicken with Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Mixed Vegetables Whole Grain Biscuit 1/2 cup Sliced Peaches</p> <p style="text-align: right;"></p>	<p style="text-align: right;">July 16</p> <p>Roast Beef with au jus 1/2 cup Roasted Redskins with Rosemary and Garlic 1/2 cup Green Beans Wheat Bread Fresh Fruit</p>	<p style="text-align: right;">July 17</p> <p>Baked Breaded Chicken Cutlet 1/2 cup Au Gratin Potatoes 1/2 cup Carrots White Bread 1/2 cup Fruited Gelatin</p> <p style="text-align: right;"></p>	<p style="text-align: right;">July 18</p> <p>Turkey Chef Salad (2 ounces Turkey, 1/2 ounce Cheddar Cheese, 1 Hard Boiled Egg) 1 cup Tossed Salad with Cucumber and Dressing 1 cup Summer Corn Chowder with Crackers Whole Grain Dinner Roll Cookie</p>	<p style="text-align: right;">July 19</p> <p>Cheeseburger 1/2 cup BBQ Butter Beans 1/2 cup Macaroni Salad Sandwich Roll Fresh Melon Ketchup and Mustard Packets</p> <p style="text-align: right;"></p>
<p style="text-align: right;">July 22</p> <p>Roasted Pork with Gravy 1/2 cup Sauerkraut 1/2 cup Whipped Potatoes White Bread Applesauce Cake</p>	<p style="text-align: right;">July 23</p> <p>Chicken Marsala 1/2 cup Bow Tie Pasta 1/2 cup Peas and Carrots Wheat Bread 1/2 cup Mixed Fruit</p> <p style="text-align: right;"></p>	<p style="text-align: right;">July 24</p> <p>4 ounces Seafood Salad Over 1 cup Mixed Greens with Tomato and Hardboiled Egg 1 cup Vegetable Soup with Crackers Whole Grain Dinner Roll 1/2 cup Cottage Cheese and Pineapple</p>	<p style="text-align: right;">July 25</p> <p>BBQ Ribette 1/2 cup Whipped Sweet Potatoes 1/2 cup Creamy Coleslaw White Bread 1/2 cup Sliced Pears</p> <p style="text-align: right;"></p>	<p style="text-align: right;">July 26</p> <p>Baked Meatloaf with Gravy 1/2 cup Baked Potato with Sour Cream 1/2 cup Wax Beans Wheat Bread Fresh Watermelon</p>
<p style="text-align: right;">July 29</p> <p>Roasted Sliced Turkey 1/2 cup Mashed Potatoes with Gravy 1/2 cup Carrots Wheat Bread Cookie</p> <p style="text-align: right;"></p>	<p style="text-align: right;">July 30</p> <p>Penne & Meatballs (4) 3/4 cup Pasta with Sauce and Parmesan Cheese 1 cup Tossed Salad with Tomato and Dressing Italian Bread 1/2 cup Warm Peach Crisp</p>	<p style="text-align: right;">July 31</p> <p>Honey Mustard Chicken Sandwich with Cheese 1/2 cup Parmesan Redskin Potatoes 1/2 cup Mixed Vegetables Sandwich Roll 1/2 cup Mandarin Oranges</p> <p style="text-align: right;"></p>	<p style="text-align: center;"></p>	

All meals are subject to change
Served Daily: 8 ounces Milk and 1 teaspoon Margarine