



July 2012

Menus Subject to Change Without Notice
Milk served with meal.



<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>2 Chicken Chow Mein Chinese Noodles Asian Blend Chinese Cabbage Salad Muffin Pudding/Fortune Cookie</p>	<p>3 Taco Salad Guacamole Chips and Salsa/ Center Corn Muffin –Meals on Wheels Tropical Fruit Peanut butter Bar</p>	<p>4 Center Closed for Independence Day</p>	<p>5 Oven Baked Chicken Scalloped Potatoes Italian Blend Vegetable Tossed Salad Roll Banana Pudding</p>	<p>6 Salisbury Steak Mashed Potatoes Key Largo Vegetable Carrot Raisin Salad Whole Wheat Roll Rice Krispie Treat</p>
<p>9 Mini Chef's Salad Cook's Choice Soup Fruit Cup Muffin Cookie</p>	<p>10 Chicken Enchilada Spanish rice Green Beans Tossed Salad/Black Beans Corn Muffin Chocolate Pudding</p>	<p>11 Birthday Party Swiss Steak Noodles Zucchini Blend Cole Slaw Roll Cake and Ice Cream</p>	<p>12 Myer's Day Russian Chicken Rice Asparagus Tossed Salad/ Garbanzo Beans Whole Wheat Roll Fresh Fruit</p>	<p>13 Pork Chop/Dressing/ Gravy Brussels Sprouts Marinated Carrots Sliced bread Apple Pie</p>
<p>16 Gillies Day Turkey Steak Mashed Potatoes/ Gravy Broccoli/Cauliflower Stewed Tomato Biscuit Ice Cream Sandwich</p>	<p>17 Sweet 'n' Sour Pork Cubes Steamed Rice Chinese Cabbage Salad Roll Pudding/Fortune Cookie</p>	<p>18 Chicken Salad Croissant Tomato Bisque Soup Pickles/Olives Tropical Fruit Cup Cookie</p>	<p>19 Lasagna Italian Blend Vegetable Bread Stick Caesar Salad Lemon Pudding</p>	<p>20 Fried Chicken Green Beans Potato Salad Sunshine Salad Biscuit/Honey Fresh Melon</p>
<p>23 Tamale Pie Spanish Rice Spinach Tossed Salad Pistachio Ambrosia</p>	<p>24 Center Closed for Pioneer Day</p>	<p>25 Cod Baked Potato/Sour Cream Capri Blend Vegetable 3 bean salad Biscuit/Jam Fresh Fruit</p>	<p>26 Chicken Bowtie Pasta Salad Fresh Veggies/Dip Oat Bran Muffin Citrus Fruit Cup Cookie</p>	<p>27 Roast Beef Mashed Potatoes/ Gravy German Blend Vegetable Spinach Salad Whole Wheat Bread Fruit Shortcake</p>
<p>30 Ham Yummy Potatoes Green Beans Creamy Cucumbers Roll Raisin Bar</p>	<p>31 Fruited Chicken Salad/Cantaloupe Ring Pickles/Olives Fresh Veggies/Dip Blueberry Muffin Oatmeal Cookie</p>	<p>NOTICE Congregate lunch contributions are anonymous and confidential. Suggested donation per meal is \$2.75 for those 60+ and \$4.60 for those under 60. Please sign up for lunch one day in advance, especially on those days when the meals are sponsored by a local business. The staff appreciates your cooperation.</p>		