July

Monday	Tuesday	Wednesday	Thursday	Friday
				4TH OF JULY PICNIC
				Pulled Pork BBQ 3oz on Bun
				Cole Slaw 1./2 Cup Deviled Egg 1/2
				Baked Beans 1/2 Cup
				Banana Pudding
July 4th	**5**	**6**	**7**	**8**
	Steak and Cheese Sub	Chicken Breast 4oz	Tuna Salad 1 Cup W Bread	Salibury Steak 4oz
	French Fries 1/2 Cup	Herbed Potatoes 1/2 Cup	Spinach Salad 1/2 Cup	Mashed Potatoes 1/2 Cup Gravy 1/4 Cup
CLOSED	Glazed Carrots 1/2 Cup	Lima Beans 1/2 Cup	Beets 1/2 Cup	California Vegetables 1/2 Cup
	Orange	Pears 1/2 Cup WW Roll	Apple	WW Roll / Banana
11	**12**	**13**	**14**	**15**
Tomato Basil Soup 1 Cup	Fish Sandwich 4 oz Bun	Egg Salad 1 Cup Salad 1 Cup	Sweet n Sour Pork1 cup/ Rice 1/2 Cup	Baked Chicken 4oz.
Grilled Cheese and Ham Sandwicn	Tater Tots 6-7	Cole Slaw 1/2 Cup	Vegetable Spring Roll	Rice Pilaf w Peas and Carrots 1/2 Cup
Peas and Carrots 1/2 Cup	Lima Beans	WW Roll	Green Beans 1/2 Cup	Brussels Sprouts 1/2 Cup
Peach Cobbler 1/2 Cup	Apple	*Fresh Seasonal Fruit 1/2 Cup	Pears 1/2 Cup	Banana
18	**19**	**20**	**21**	**22**
Cheeseburger 4 oz Bun	Ham and Cabbage	Pollock Wedge 3 oz		Turkey 4 oz 1/4 Cup Gravy
Potato Wedges 4-5	Parslied Potatoes	Macaroni & Cheese 1/2 Cup		Stuffing 1/2 Cup Mashed Potatoes 1/2 Cup
Corn 1/2 Cup	WW Roll	Stewed Tomatoes 1/2 Cup	CHEF'S CHOICE	Green Beans 1/2 Cup
Fruit Cocktail	Banana	Apple & W/W Roll		Orange
25	**26**	**27**	**28**	**29**
Chicken Noodle Soup 1 Cup	Fish 3 oz Bun 1 oz Cheese	Beef Tips and Broccoli	Chicken Salad 1Cup Spinach 1 Cup	Meatloaf 3 oz
PBJ Sandwich 2 Pk Crackers	Red Beans and Rice 1/2 Cup	Egg Noodles 1/2 Cup Gravy 1/4 Cup	3 Bean Salad 1/2 Cup	Mashed Potatoes 1/2 Cup Gravy 1/4 Cup
Carrot Raisin Salad 1/2 Cup	Collard Greens 1/2 Cup	Mixed Vegetables 1/2 Cup	Crackers 2	Carrots 1/2 Cup
Celery Sticks 4 Apple	Orange	Banana & W/W Roll	Peaches 1/2 Cup	WW Roll / Cherry Crisp 1/2 Cup

Suggested Donation for Seniors: $2.50

Non-Senior Cost: $5.25 required

ALL MENU ITEMS ARE SUBJECT TO CHANGE

5F