

# July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Please Call by 9a.m. on the day You plan to eat at the center Thank-you			
4 CENTERS CLOSED  HAPPY 4TH	5 Country Fried Steak Mashed potatoes & gravy Spring Blend Pineapple / Orange Salad Bread w/ margarine 2% Milk	6 Turkey & Cheese Hoagie w/ trimmings Green Salad Fruit Cup Pumpkin chocolate chip cookie 2% Milk	7 Pork Chop Stuffing Carrots Apple sauce Cornbread w/ Honey butter 2% Milk
11  Cooks Choice	12 Tomato Soup Chicken Salad sandwich w/ lettuce Chip Mixed fruit 2% Milk	13 Malibu Chicken w/ sauce Scalloped Potato Peas and carrots Mandarin orange Lemon Bars Bread w/ margarine & 2% Milk	14 Sloppy Joes Pickled beets Chips Choc cake w choc frosting Pears and peach blend 2% Milk
18 Swedish Meatballs Steamed Rice Green beans Peach parfait Bread w/ margarine & 2% Milk	19 Roast beef Mashed potatoes & gravy Broccoli Pistachio Salad Roll w/ margarine & 2% Milk	20 Chef Salad w/ cheese Breadstick Pears Cupcakes 2% Milk	21 Hot Dog w trimmings Potato salad Mandarin& pineapple Cookie Frito 2% milk
25  closed	26 Spaghetti Green salad Garlic bread Apple Pie 2% Milk	27 Meatloaf Baked potato w/ sour cream Mixed veggie Jell-O w/ Fruit Roll w/ mar 2% Milk	28 Chicken Alfredo w/ noodles Vegetable Blend Bread stick Pineapple upside down cake 2% Milk

Menu Subject to Change and Substitutions

SUGGESTED DONATION

SENIORS 60 AND OVER \$3.00 under 60 cost of meal is \$6.00

UNDER 60 COST OF MEAL IS \$5.50

Po Box 820

to eat at the center