






















# July 2024

 <b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b> 	
<b>1 Tie Quilt</b> Chicken Alfredo w/ noodles Vegetable Blend Mandarin Oranges Bread Stick 2% Milk 	<b>2 Exercise @ 11:00</b> Pork Chop Stuffing Carrots Apple sauce Cornbread w/ Honey butter 2% Milk 	<b>3 Old Time Fiddlers</b> Sloppy Joes Pickled beets Chips Pears & Peach Blend Dessert 2% milk 	<b>4 Center Closed</b> 				
<b>8 Tie Quilt</b> Chicken Broccoli Bake Side of Veggie Brown Rice Tropical Fruit Bread w/ margarine 2% Milk 	<b>9 Exercise @ 11:00</b> Meatloaf Baked Potato w/ sour cream Veggie Bread w/ margarine Apple Pie 	<b>10 Chad Winn</b> Country Fried Steak Mashed potatoes & gravy Spring Blend Fruit cottage cheese salad Bread w/ margarine 2% Milk 	<b>11 Cards and Puzzles</b> Crispy Chicken Salad, craisins & cheese Breadstick Fruit 2% milk 				
<b>15 Tie Quilt</b> Roast beef Mashed potatoes & gravy Broccoli Pistachio Salad Roll w/ margarine 2% Milk 	<b>16 Exercise @ 11:00</b> Tomato Soup Chicken Patty sandwich w/ veggies Chips Mixed fruit Oatmeal cookies 2% Milk 	<b>17 Ramon Dinsdale</b> Malibu Chicken w/ sauce Scalloped Potato Peas and carrots Fruit Cocktail 2% Milk 	<b>18 Cards and Puzzles</b> Cook's Choice 				
<b>22 Tie Quilt</b> Hamburger's w/ trimmings Chips Pickled beets Buttermilk salad w/ cookie 2% milk 	<b>23 Exercise @ 11:00</b> Tuna Casserole Peas Fruit Bread w/ margarine Cake 2% milk 	<b>24 Center Closed</b> 		<b>25 Cards and Puzzles</b> Hawaiian Meatballs over rice Mixed Vegetable Pineapple Rings Bread w/ margarine 2% Milk 			
<b>29</b> Cranberry Russian Chicken Au gratin Potato Peas & Carrots Apple Slices Bread w/ Margarine 2% milk 	<b>30 Exercise @ 11:00</b> Beef Enchilada Mexican Rice Refried Beans Mixed Fruit Dessert 2% milk 	<b>31 Scott &amp; Sharon Mckay</b> Ham Scalloped Potatoes Peas Peach parfait Bread w/ margarine 2% Milk 	<b>Suggested Donation</b> over 60 \$3.00 Under 60 cost of meal \$6.00				

Menu subject to change or have substitutions

Please Call by 9 am on the day you plan to eat at the center OR the day before is even better!

435-623-7306