

# Senior Center Lunch Menu

JULY 2019

## Monday

**1<sup>ST</sup>** Breaded Pollock, Baked Sweet Potato, Brussel Sprouts, Multi-Grain Bread, Sugar Cookie, Coffee, Milk, Margarine, Tarter Sauce

**8<sup>th</sup>** Roast Beef, Brown Gravy, Whipped Potatoes, Sliced Carrots, Wheat Roll, Birthday Cake, Coffee, Milk, Margarine

**15<sup>th</sup>** Open Face Roast Beef Sandwich, Whipped Potatoes with Gravy, Italian Vegetable Blend, Dinner Roll, Sliced Pears, Coffee, Milk, Margarine

**22<sup>nd</sup>** Sausage w/Onions & Peppers, Baby red potatoes, Green Beans, Hot dog bun, Mandarin Oranges, Coffee, Milk, Ketchup & Mustard.

**29<sup>TH</sup>** Country Fried Steak, Country gravy, Whipped Potatoes, Green Beans, Wheat Bread, Apricot Halves, Coffee, Milk, Margarine

## Wednesday

**3<sup>rd</sup>** Pulled BBQ Pork, Au Gratin Potatoes, Baked Beans, Hamburger Bun, Strawberry Shortcake, Coffee, Milk ( Independence Day Meal)

**10<sup>th</sup>** Pork Loin, Pork Sauce, Au Gratin Potatoes, Broccoli, Dinner Roll, Sliced Pears, Coffee, Milk, Margarine

**17<sup>th</sup>** Taco Meat, Shredded Cheese, Lettuce & Tomato, Pinto Beans, Whole Kernel Corn, Tortilla Chips, Rocky Road Pudding, Milk, Taco Sauce & Sour Cream

**24<sup>th</sup>** BBQ Chicken, Baked sweet potato, Broccoli, Wheat Bread, Fruited Gelatin, Coffee, Milk, Margarine

**31<sup>ST</sup>** Swiss Steak, Mashed Red Potatoes, Seasoned Green Beans, Wheat Bread, Spice Cake, Coffee, Milk, Margarine.

## Friday

**5<sup>th</sup> CLOSED**

**12<sup>th</sup>** Baked Chicken Breast, Blackberry BBQ Sauce, Whole Kernel Corn, Green Beans, Wheat Roll, Fresh Seasonal Fruit, Coffee, Milk, Margarine

**19<sup>th</sup>** Baked Chicken Breast, Tomato Basil Sauce, Country Potatoes, Cabbage, Multi Grain Bread, Applesauce, Coffee, Milk, Margarine

**26<sup>th</sup>** Cranberry Chicken Salad, Green Pea Salad, Potato Chips, Croissant, Fresh Seasonal Fruit, Coffee, Milk

\*MENU SUBJECT TO CHANGE W/O NOTICE\*