

July 2020

		WEDNESDAY 1	THURSDAY 2	FRIDAY 3
Senior Meal Suggested Donation Lunch \$2.00 Under 60 years \$6.00 <u>Menu Subject to Change</u> Meals Served: 11:30 am - 12:30 pm	1% L F Milk Served w/Each Meal Can Fruit in Light Syrup WW= Whole Wheat GC=Green Chili RC=Red Chili HM = Honey Mustard	All Beef Hot Dog Baked Beans Steamed Corn Potato Salad Fresh Melon Pie	<u>Meals will not be served.</u>	<i>Happy 4th of July</i> <i>All Centers Closed Have a safe Holiday</i>
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Country Fried Steak Mashed Potatoes & Gravy Steamed Mixed Vegetables Garden Salad w/Dressing Biscuit w/Margarine Chilled Fruit Cocktail	Grilled Chicken Sandwich Lettuce, Tomato, Pickle Spear Chile Beans Steamed Broccoli Garden Salad w/LF Dressing Chilled Applesauce	Beef Stroganoff over Fettucine Garden Salad w/LF Dressing Steamed Green Beans WW Roll w/Margarine Fresh Pineapple Spear	Breaded Pork Sandwich Lettuce, Tomato, Pickle Pork and Beans Steamed Corn Garden Salad w/LF Dressing Chilled Pears	Hamburger Steak w/Onions Steamed Fresh Cauliflower Steamed Rice WW Roll w/Margarine Garden Salad w/LF Dressing Chilled Peaches
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Chicken Bites w/BBQ Sauce Tater Tots Steamed Mixed Veggies Garden Salad w/LF Dressing WW Roll w/Margarine Fruit Cobbler	Breakfast Scramble w/Egg Ham,Rice,Beans,Cheese,GC Gravy Shredded Lettuce/Tomatoes Flour Tortilla and Fresh Banana Fruit Juice BREAKFAST FOR LUNCH	Meatloaf Mashed Potatoes & Gravy Steamed Mixed Veggies Garden Salad w/LF Dressing Biscuit w/Margarine Fresh Orange	Savory Baked Chicken Stuffing w/Gravy Steamed Brussels Sprouts Garden Salad w/LF Dressing WW Roll w/Margarine Chilled Peaches	Roasted Pork Loin Scalloped Potatoes Steamed Broccoli Garden Salad w/LF Dressing Biscuit w/Margarine Chilled Applesauce
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23*	FRIDAY 24
Chicken Parmesan w/Pasta & Marinara Sauce Steamed Peas and Carrots Garden Salad w/LF Dressing WW Roll w/Margarine Chilled Fruit Cocktail	Chef's Salad w/Turkey, Ham, Tomato, Cheese & Egg Croutons/Club Crackers Fresh Banana Pudding	Waldorf Chicken Salad Wrap w/Pecans, Cranberries, Celery Macaroni Salad Chilled Peaches	4 Cheese Lasagna Steamed Peas Garden Salad w/LF Dressing Garlic Breadstick Fresh Orange	Frito Pie Chuckwagon Corn Shredded Lettuce/Diced Tomato Flour Tortilla Fresh Fruit
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
Salisbury Steak w/Mushroom Gravy Mashed Potatoes Steamed Cabbage Garden Salad w/LF Dressing Biscuit w/Margarine Chilled Peaches	Sweet and Sour Pork Asian Noodles Steamed Broccoli Garden Salad w/LF Dressing Sweet Roll w/Margarine Chilled Applesauce/Fortune Cookie	BBQ Chicken Breast Baked Beans Steamed Broccoli Garden Salad w/LF Dressing WW Roll w/Margarine Fresh Orange	Tater Tot Casserole Steamed French Cut Grn Beans Biscuit w/Margarine Fresh Fruit Cookie	Fish Filet Sandwich Pickle Spear Honey Glazed Carrots Coleslaw Steamed Rice Chilled Fruit

Full Menu July Final