

Alternate Meal Schedule (Senior Center Lunches Only)



Turkey Sandwich with Soup:

July 8-9 Cream of Potato
 July 10-12 Chicken Noodle

July 22-23 Vegetable Beef
 July 25-26 Cream of Broccoli

Salad:

July 1-5
 July 15-19
 July 29-31

Monday	Tuesday	Wednesday	Thursday	Friday
1 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Broccoli (04) Fresh Baked Roll (16) Fruit Cocktail (14)	2 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Green Beans (02) Fresh Baked Roll (15) Orange (16)	3 Beef Hot Dog with Fresh Bun (17) Country Baked Beans (32) Cookie (23) Unsweetened Applesauce (14)	4 No Meal 	5 NO LUNCH SERVED
8 Swedish Meatballs (39) Rice (21) Broccoli (04) Navel Orange (22) Cookie Bar (18)	9 Beef Taco Salad (05) Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Apple Sauce (14) Tortilla Chips (18)	10 Ham and Turkey on Hoagie Bun (46) Provolone Cheese, Lettuce, Tomato (15) Potato Chips (14) Mandarin Oranges (19)	11 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Veggies (12) Fresh Orange (12) Fresh Baked Roll (16)	12 Sausage Pasta Bake (25) Seasoned Green Beans (02) Garden Green Salad (02) Seasonal Fruit Crisp (67) Fresh Garlic Baked Roll (15)
15 Teriyaki Beef Bowl (08) Steamed Brown Rice (21) Steamed Broccoli (04) Pineapple (14) Fresh Baked Roll (15)	16 Oven Roasted Pork (00) Loaded Potatoes (15) Seasoned Diced Beets (06) Fruit Cocktail (14) Fresh Baked Roll (16) Cookie Bar (18)	17 Beef Stroganoff over Rice (34) Seasoned Carrots (06) Apple Crisp (67) Garden Green Salad (02)	18 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)	19 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)
22 Creamed Chicken over White Rice (30) Green Peas (11) Fruit Cocktail (14) Cookie Bar (18)	23 BBQ Pulled Pork (03) Bun (17) Seasoned Black Beans (14) Cinnamon Applesauce (28) Coleslaw (14)	24 No Meal- Pioneer Day 	25 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Orange (16)	26 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Fresh Apple (12) Fortune Cookie (24)
29 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (27) Fruit with Jell-O (14) Green Beans (02) Fresh Baked Roll (15)	30 Kalua Pork (00) Hawaiian Rice (25) Seasoned Black Beans (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)	31 Shepherd's Pie (79) Seasoned Carrots (06) Pears (12) Garden Green Salad (02) Chocolate Brownie (23)	Suggested donation \$3/meal Low fat milk (12) is provided with each meal	Number in parentheses represent carbohydrate count Menu subject to change