

Monday	Tuesday	Wednesday	Thursday	Friday
		Registered Dietician Approved Low Fat, Low Salt		1 Oven Baked Fish Herbed Broccoli Parsley Potatoes Coleslaw Strawberry Shortcake
4 Center Closed  Independence Day	5 Hamburger on a Bun Potato Salad Baked Beans Tossed Salad Watermelon	6 BBQ Chicken Thighs Cabbage Au gratin Oven Browned Potatoes Carrot Salad Apricot Crisp	7 Lasagna Green Beans Garlic Bread Salad Pears	8 Chicken Nuggets French Fries Peas Cucumber and Tomato Salad Roll Mixed Fruit
11 Oven Fried Chicken Scalloped Potatoes Mixed Vegetables Salad Roll Mandarin Oranges	12 Swiss Steak with Tomato Gravy Mashed Potatoes California Blend Veggies Salad Roll Applesauce	13 Chicken & Dumplings Herbed Broccoli Salad Blueberry Muffin Pears & Cottage Cheese	14 Spaghetti w/Meat Sauce Italian Blend Vegetables Garlic Bread Salad Fruit & Marshmallow Cup	15 Roast Pork Mashed Potatoes & Country Gravy Mixed Vegetables Roll Salad Fruited Jell-O
18 Pepper Steak Mashed Potatoes Peas & Carrots Roll Cucumber & Tomato Salad Apple Pie	19 Baked Ham Scalloped Potatoes Green Beans Roll Salad Mandarin Oranges	20 Liver & Onions or Hamburger Steak Parsley Potatoes Mixed Vegetables Roll Salad Cherry Crisp	21 Roast Turkey Dressing Mashed Potatoes Green Beans Bread Tossed Salad Cranberry Jell-O Pumpkin Pie	22 Oven Fried Chicken Rice Pilaf Mixed vegetables Salad Roll Fluffy Fruit Cup
25 BBQ Ribs Rice Pilaf Herbed Green Beans Coleslaw Roll Fruited Jell-O	26 Roast Beef Mashed Potatoes and Gravy Carrots Roll Salad Apple Crisp	27 *Birthday Lunch* Herb Baked Chicken Baked Potato Zucchini & Carrots Salad Pineapple Upside Down Cake	28 Beef Stroganoff over Noodles California Blend Veggies 3 Bean Salad Garlic Bread Mixed Fruit	29 Chicken Fried Steak Mashed Potatoes & Country Gravy Corn Carrot Salad Roll Apricots

❧Meal Menu Subject to Change Due to Availability ❧

Call for Reservations 358-4348

Congregate Meals Suggested Donation: 60+ \$3.00 Charge for Guests Under 60-\$6.50 Under 6-\$2.50

Meals Served at 12:00 p.m. Monday thru Friday

Home Delivered Meal Suggested Donation-\$3.25 Frozen Dinner Suggested Donation-1.50