



JULY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3) Hot Roast Beef Sandwich Mashed potato and gravy Vegetable Salad bar with fruit <i>Game night 4 pm</i>	4) Cheese Burger Chips — Apple pie Vegetable Salad bar with fruit <i>Blood pres. check 11am</i>	5) Chicken Thighs Rice w/ gravy Vegetable Salad Bar w/ fruit	6) BBQ Ribs TaterTots Vegetable Salad Bar w/ fruit	7 Chicken Tenders Augratin Potatoes Vegetable Salad Bar w/fruit	8
9	10 Meatloaf Mashed Potatoes & Gravy Vegetable Salad Bar w/fruit <i>Game night 4 pm</i>	11 Egg Casserole French Toast — Bacon Salad Bar w/ fruit & Veg <i>Blood pressure 11am</i> <i>Water color 2:30</i>	12 Beefy Mac and cheese Scalloped Potatoes Vegetable Salad Bar with Fruit	13 Chicken Enchilada casserole Beans and Rice Vegetable Salad Bar w/ fruit	14 Country Steak Biscuits and Gravy Vegetable Salad Bar w/ fruit <i>Spanish class 1 pm</i>	15
16	17 Stuffed Peppers Vegetable Salad Bar w/ fruit Garlic toast <i>Game night 4 pm</i>	18 Pan Fried Tilapia Rice Vegetable Salad Bar w/ fruit Blood Pressure 11am	19 Bacon Quiche Pancakes Salad Bar w/ fruit and Vegetables	20 Salsbury Steak Noodles/ Gravy Vegetable Salad Bar w/ fruit	21 Tacos Black Beans Rice Salad Bar w/ fruits and vegetables <i>Spanish class 1 pm</i>	22
23	24 Fish Sandwich Tater Tots Vegetable Salad Bar w/ fruit <i>Game night 4 pm</i>	25 Beef Stroganoff Dinner roll — Vegetable Salad bar w/ fruit <i>Blood pressure 11 am</i> <i>Water color 2:30</i>	26 Philly Cheese Steak Chips Salad bar w/ fruit and vegetables	27 Chicken Pot Pie Vegetables Salad Bar w/ fruit	28 Pork Chops Baked Potatoes Vegetable Salad Bar w/ fruit <i>Spanish class 1 Pm</i>	29
30	31 Spaghetti and Meatballs Vegetable Garlic toast Salad Bar w/ fruit Game night 4 pm					

Low salt, sugar and fat guidelines are followed in our menus. SALAD BAR DAILY MENU SUBJECT TO CHANGE

Our program is partially federally funded and is operated in accordance with the U.S.D.A. policy prohibiting discrimination on the basis of race, color, sex, age, handicap, or national origin.

We are funded in part by YOUR DONATIONS, DES and AAA-NACOG