



JULY MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken & Broccoli Fettucine Alfredo Salad Bar Banana Lemon Bar	2 BBQ Pulled Pork, Sandwich, Whole Wheat Bun, Mixed Veggies, Spring Orzo Salad, Green Salad, Apple Pie	3 Senior Center closed for 4th of July Holiday
6 Fish & Shrimp Chowder, Corn & Zucchini, Green Bean Salad, Mixed Greens, Carrot Cake	◆	8 Beef Stew, Potatoes & Tomatoes, Mixed Vegetables, Green Salad, Blueberry Pie	9 Baked Chicken Breast, Wild Mushrooms, Rosemary Potatoes, Broccoli, Green Salad, Choc. Chunk Brownie	10 Tuna and Egg Salad on Baby Spinach, Tomato Rice Soup, Peach Crisp
13 Teriyaki Chicken Breast, Steamed Brown Rice, Stir Fry Vegetables, Salad Bar, Key Lime Pie	◆	15 Macaroni and Cheese, Broccoli and Carrots, Orange and Spinach, Green Salad, Pecan Pie	16 Turkey & Swiss Wrap, Tomato & Garbanzo Bean Salad, Green Salad, Mixed Fruit, Tiramisu	17 Shrimp Scampi, Angel Hair Pasta, Italian Mixed Vegetables, Salad Bar, Banana, Chocolate Cake
20 Cheese Stuffed Chicken Breast, Mashed Potatoes, Chicken Gravy Cauliflower, Green Salad, Blondie	◆	22 Shepherd's Pie with Mashed Potatoes and Mixed Veggies, Tomato Salad, Mixed Greens Chocolate Éclair	23 Swedish Meatballs, Egg Noodles, Green Beans Green Salad, Mixed Berry Parfait	24 Maryland Crab Cake Brown Rice, Island Mixed Vegetables, Waldorf Salad, Mixed Greens, Fresh Strawberries
27 Cheese Ravioli, Tomato Basil Sauce, Italian Mixed Veggies, Green Salad, Garlic Bread, Coffee Ice Cream	◆	29 Chicken Marsala, with Mushrooms, Brown Rice Pilaf, Sautéed Spinach, Green Salad, Blueberry Cobbler	30 Baked Pork Chop, Sage Gravy, Roasted Potatoes, Zucchini, Green Salad, Pear, Chocolate Chip Cookies	31 Baked Salmon, Dill Butter, Brown Rice Pilaf, Italian Mixed Veggies, Tomato Cucumber Salad, Mixed Greens, Cheesecake

Served with whole grain bread unless other bread is included with the meal.

Please note: Lunches are available in July by delivery or pick-up only. Call (970) 920-5432 to make arrangements. Delivery area is limited. Side dishes and desserts may vary depending on availability, and suitability for travel.