

JULY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Chicken and Broccoli Fettuccine Alfredo, Mixed Green Salad, Pear Half, Lemon Bar</p>	<p>NO LUNCH SERVED</p>	<p>3 BBQ Chicken Breast, Baked Beans, Mixed Vegetables, Applesauce, Mixed Green Salad, Birthday Cake</p>	<p>4 Senior Center Closed for July 4th Holiday</p>	<p>5 Shrimp Scampi, Brown Rice, Zucchini & Peppers, Spinach Salad, Tiramisu</p>
<p>8 Sweet and Sour Chicken, Stir Fry Veggies, Brown Rice, Mixed Green Salad, Orange Wedges and Strawberries</p>		<p>10 Roast Beef Sandwich, Wheat Bun, Garlic Mashed Potatoes, Mixed Vegetables, Cole Slaw, Pineapple Chunks</p>	<p>11 Chicken and Sausage Jambalaya, Brown Rice, Tossed Salad, Mixed Berry Parfait</p>	<p>12 Maryland Crab Cake, Brown Rice, Mixed Vegetables, Waldorf Salad, Mixed Greens, Key Lime Pie</p>
<p>15 Bacon and Swiss Quiche, Green Beans Almondine, Spring Orzo Salad, Banana, Blondie</p>		<p>17 Penne Pasta & Meat Sauce, Sautéed Zucchini, Tomato & Mozz Salad, Mixed Greens, Garlic Bread, Chocolate Cake</p>	<p>18 Chicken Chili, Mixed Green Salad, Cornbread, Banana, Apple Pie</p>	<p>19 Lemon Baked Salmon, Lemon Dill Butter, Wild Rice Pilaf, Asparagus, Tomato Cucumber Salad, Mixed Greens, Carrot Cake</p>
<p>22 Grilled Steak Salad, Chopped Tomatoes, Baked Potato, Steamed Broccoli, Mixed Greens, Cheesecake</p>		<p>24 Shepherd's Pie, Mixed Vegetables, Mashed Potatoes, Marinated Tomato Salad, Mixed Greens, Choc. Cream Pie</p>	<p>25 Spinach Manicotti, Marinara Sauce, Cauliflower & Broccoli, Breadsticks, Tossed Salad, Blueberry Pie</p>	<p>26 Maryland Shrimp Salad, Baby Spinach, Tomato Basil Soup, Mixed Vegetables, Mocha Brownies</p>
<p>29 Macaroni and Cheese, Broccoli and Carrots, Orange and Spinach Salad, Peach Cobbler</p>		<p>31 Grilled Chicken Caesar Salad, Sliced Tomatoes, Roasted Cauliflower, Mixed Fruit, Coffee Ice Cream</p>		

Whole grain bread and 2% milk are available at each meal unless otherwise indicated. Reservations are required. Call (970) 429-6161, 24-hours in advance. Please arrive by 12:20 p.m.