

July 2018 Monday	Tuesday	Wednesday	Thursday	Friday
2) Beef Stew w/peas & carrots, whipped potatoes, chocolate chip cookie & white bread	3) Teriyaki Chicken Meatballs w/jasmine rice, mandarin veggie blend, mandarin oranges & snack n loaf	4) 4th of July Senior Center Closed 	5) Orange Bourbon Chicken w/whipped potatoes, broccoli cheddar soup, crackers, Jell-O & wheat roll	6) American Chop Suey w/fresh onions & peppers, mixed green salad, house dressing, fresh fruit & wheat roll
9) Sweet & Sour Pork over jasmine rice, napa cabbage & shredded carrots w/sesame oil, yogurt & juice & wheat bread	10) BBQ Chicken w/southern style greens, potato leek soup, crackers, coconut cake & biscuit Cal: 741; Sod: 1178	11) Hot Dog w/mustard, relish, coleslaw, baked beans, chilled pineapple & hot dog roll. Cal: 800; Sod: 1385 Café: Stuffed Red Peppers w/greek salad & warm pita bread	12) Shredded Beef Taco Salad w/black bean salad, cheddar cheese, honey-dew melon & whole grain tortilla	13) Chicken Piccata w/pasta, tossed salad, French dressing, chilled peaches & wheat bread
16) Potato Pollock w/calypso sauce, sweet potato hash, summer squash, yogurt & juice & oatmeal bread	17) Rib Q w/whipped potato, corn, BBQ sauce, cantaloupe & corn bread Cal: 705; Sod: 1017	18) Chicken Scampi w/green beans, noodles, spinach salad, dressing, mandarin orange & wheat bread Cal: 885; Sod: 964 Café: Gourmet Grilled Cheese Sandwich w/red	19) Summer Picnic Turkey club sandwich w/bacon, country potato salad, coleslaw, watermelon & keiser roll	20) Meatloaf w/gravy, peas, whipped potato, lemon cake & multigrain bread Cal: 823; Sod: 1077
23) Carolina Pulled Pork w/green beans w/red peppers, potato wedges, chocolate cake & whole wheat hamburger roll	24) Stuffed Shells w/marinara sauce, garden salad, dressing, fresh fruit & Vienna bread Cal: 729; Sod: 905	25) Sliced Steak w/mixed green salad, tomato & cucumbers, veggie pasta salad, dressing, chilled pineapple & wheat bread Cal: 930; Sod: 629 Café: Aloha Chicken Rice	26) Chicken Meatballs w/country gravy, cheddar whipped potato, corn, strawberry mousse & wheat dinner roll	27) Lemon Citrus Chicken w/seasoned carrots, wild rice pilaf, mandarin oranges & raisin bread
30) Meatball Sub w/marinara sauce, sweet potato fries, spinach, peach cobbler & wheat sub roll Cal: 693; Sod: 967	31) Turkey w/gravy, cranberry sauce, whipped potato, carrots, diced pears & snack n loaf Cal: 690; Sod: 984	1) Egg Salad w/lettuce leaf, potato salad, tomato Florentine coup, honey-dew, melon & hot dog roll Cal: 578; Sod: 1150 Café: Bruschetta Grilled Chicken w/balsamic glaze,	2) Chicken Fajita w/green pepper & onion, corn, seasoned black beans, flan style pudding & whole grain tortilla	3) Turkey Gobbler Sandwich w/cranberry sauce, broccoli slaw, stuffing, raisins & multigrain bread