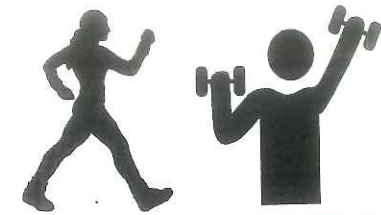






SENIOR LUNCH MENU



July 2018



Monday	Tuesday	Wednesday	Thursday	Friday
2 Italian Pork Chop, Pinto Beans, Spinach, Berry Cup, Birthday Cake	3 Chicken Florentine, Bread Dressing, Cauliflower & Red Peppers, Fruit Crisp	4 CENTER CLOSED HOLIDAY 	5 Roasted Chicken, Corn Pudding, Carrot Coins, Mandarin Oranges, Gelatin Cubes	6 Sliced Roast Beef, Mashed Potatoes, Fresh Broccoli, Berry Trifle
9 Dixie Chicken, Black Eye Peas, Mixed Vegetables, Cake w/frosting	10 Honey Glazed Turkey, Parmesan Potatoes, Succotash, Fruit Crisp	11 Beef Stroganoff, Jefferson Noodles, Carrot Coins, Sliced Peaches, Pound Cake	12 Tuna & cheese Lasagna, Tossed Salad w/dressing, Baked Sliced Apples, Cookie	13 Maple Glazed Pork Chop, Baked Potato, Cheese Sauce, Broccoli, Fruit Cobbler
16 Pepper Steak w/gravy, Rice, Vegetable Medley, Tropical Fruit Salad	17 Cornflake Chicken, Macaroni & Cheese, Zucchini & tomatoes, Fruit Crisp	18 Sliced Turkey w/gravy, Yam Patties, Cheesy Spinach, Fruit Salad/Chocolate Chip Cookie	19 Meatloaf, Mashed Potatoes, gravy, Confetti Cole-slaw, Assorted Cake	20 Stuffed Peppers, Zucchini casserole, Peanut Butter Cookie
23 Crispy Baked Fish, Creamy Pasta Salad, Calico Cole-slaw, Fresh fruit, Pound Cake	24 Fiesta Pork Chop, Rice, Black Eye Peas, Pear Delight	25 Beef Tips w/mushroom gravy, Parslied Noodles, Zucchini Casserole, Fresh Fruit/Poke	26 Spinach, Mushroom & Cheese Lasagna, Caesar Salad w/dressing, Strawberries w/topping	27 Oriental Pepper Steak, Parslied Rice, Green Beans, Fruit Trifle
30 Stuffed Peppers, Green Beans, Stewed Tomatoes, Chocolate Chip Cookie	31 Italian Meat Sauce, Jefferson Noodles, Caesar Salad w/dressing, Rosy Pears			

Healthy Tip of the Month.
Be Active.

Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 30 minutes at a time. Children and teens should get 60 or more minutes of physical activity per day, and adults should get two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or play a game of catch or basketball.

All meals are served with Dinner Roll and 2% or Skim Milk