








Senior Lunch Menu

July 2017



Mon	Tue	Wed	Thu	Fri
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3 Stuffed Peppers, Vegetable Medley, Fresh Fruit, Birthday cake	4 CENTER CLOSED HOLIDAY 	5 Beef Tips w/mushroom gravy, Brown Rice, Carrot Coins, Fruit Crisp	6 Crispy Baked Fish, Creamy Pasta Salad w/veggies, Confetti Coleslaw, Strawberries/Pound cake	7 Chicken Florentine, Parmesan Potatoes, Broccoli & Cheesy Cauliflower, Fruit Cobbler
10 Teriyaki Chicken, Brown Rice, Zucchini & tomatoes, Peanut Butter Cookie	11 Beef Piccata, Fresh Mashed Potatoes, Gravy, Sweet & Sour Cabbage, Pineapple, Assorted Cake	12 Fiesta Pork Chop, Rice Pilaf, Brussel Sprouts, Pear Delight	13 Tuna & Cheese Lasagna, Tossed Salad, Dressing, Fruit Crisp	14 BBQ Chicken, Macaroni & Cheese, Coleslaw, Fruit Trifle
17 Herb Roasted Pork, DelMonico Potatoes, Cheesy Broccoli, Fruit, Chocolate Chip Cookie	18 Chicken Rice Casserole, Tossed Salad w/dressing, Berry Trifle	19 Spinach, Mushroom & Cheese Lasagna, Squash Medley, Strawberries w/topping	20 Honey Glazed Turkey, Sweet Potato Wedges, Seasoned Green Beans, Peach Cobbler	21 Pepper Steak w/gravy, Mashed Potatoes, Mixed Vegetables, Hawaiian Cup
24 Salisbury Steak, Mashed Potatoes, Gravy, Sweet & Sour Cabbage, Apple Crisp	25 Turkey Divan w/broccoli, Rice Pilaf, Fruit mix, Peanut Butter Cookie	26 Beefy King Ranch Casserole, Tossed Salad w/dressing, Pineapple Trifle.	27 Encrusted Pork Lion w/Aujus, Soft Pinto Beans, Cheesy Broccoli, Fresh Fruit, Cake	28 Turkey Croquette, Parmesan Potatoes, Confetti Coleslaw, Fruit Trifle
31 Oven Fried Chicken, Macaroni & Cheese, Stewed Tomatoes, Fruit Salad, Brownie				

Healthy Tip of the Month

Eat Breakfast

Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

All meals are served with a choice of Skim or 2% Milk and Dinner

