


# Menu

# July 2017

Monday	Tuesday	Wednesday	Thursday
3 <b>CENTER CLOSED 4<sup>TH</sup> OF JULY HOLIDAY</b>	4 <b>CENTER CLOSED FOR HOLIDAY</b>	5 <b><u>SR. EXPRESS</u>  TOPS</b>	6 Eggplant Roll Up w/Sauce Tuscany Vegetables Green beans Italian Bread Nectarine
10 Chicken Cordon Bleu Mashed Potatoes w/gravy California Vegetables 12 Grain Bread Peaches	11 Tuna Salad on Wheat Thinwich Chicken Gumbo Tossed Lettuce w/French Honeydew Melon	12 <b><u>SR. EXPRESS</u>  WAL-MART (BROCKPORT)</b>	13 Macaroni & Cheese Stewed Tomatoes Green Beans Rye Bread Pineapple
17 Stuffed Pepper w/Sauce Turkey Vegetable Soup Scandinavian Vegetables Wheat Bread Fruit Cocktail	18 Braised Pork Chop w/Gravy Scalloped Potato Broccoli Marble Rye Bread Oatmeal Raisin Cookie	19 <b><u>SR. EXPRESS</u>  DOLLAR TREE OLLIES</b>	20 Meatballs w/Pasta & Sauce Tossed Salad w/Italian Wax Beans Breadstick Cantaloupe
24 Fajita Chicken on Spinach Romaine Salad w/ Ranch Dressing Minestrone Soup 12 Grain Bread Mandarin Oranges	25 Sloppy Joes on Bun Coleslaw w/Pineapple Green Beans Nectarine	26 <b><u>SR. EXPRESS</u>  KOHL'S</b>	27 Individual Ham Loaf w/Pineapple Sauce Mashed Sweet Potatoes Scandinavian Vegetables Pumpnickel Bread Honeydew Melon
31 Breaded Haddock w/Tartar Sauce Coleslaw w/out Pineapple Mixed Vegetables Rye Bread Applesauce	<i>Senior Center &amp; Recreation Office: 392 - 9030</i> 	<i>No person shall be denied or be subjected to discrimination under any program or activity receiving Federal assistance on grounds of race, color, sex, religion, national origin, disability, or marital status.</i>	