

# Menu

# July 2018

Monday	Tuesday	Wednesday	Thursday
2	3	4	5
BBQ Pulled Pork On Bun  Broccoli  Carrots  Pears	<u>Celebrate Independence Day</u>  Hot Dog on Bun w/Condiments  Orange Juice  Summer Potato Salad  Sherbet	<u>SR. EXPRESS</u>  <b>CENTER CLOSED</b>	Broccoli & Cheese Quiche  Scandinavian Vegetables  Corn  Wheat Bread  Honeydew Melon
9	10	11	12
Ground Beef Taco Salad w/Cheese, Salsa, Sour Cream  Tomato Florentine Soup  Tortilla  Fruit Cocktail	Breaded Haddock w/Tartar Sauce  Red Jacketed Potatoes  Carrots Marble Rye Bread  Plums	<u>SR. EXPRESS</u>  <b>WAL-MART (BROCKPORT)</b>	Fajita Chicken on Spinach Romaine Salad  Ranch Dressing  Navy Bean Soup  Wheat Bread Cantaloupe
16	17	18	19
Broccoli Cheese Topped Baked Potato  Spinach Lentil Soup  12 Grain Bread Peaches	Tuna Pasta Salad w/ Lettuce & Tomato  Orange Juice  Chicken Gumbo  Wheat Bread Honeydew Melon	<u>SR. EXPRESS</u>  <b>DOLLAR STORE OLLIES</b>	Sweet & Sour Pork Over Brown Rice  Oriental Vegetables  Spinach  Dinner Roll Nectarine
23	24	25	26
Veggie Meatball Sub Sandwich w/Sauce  Minestrone Soup  Mandarin Oranges	Rosemary Oven Chicken ¼  Apple Juice  Cucumber & Onion Salad  Baked Beans  Pumpernickel Bread Cantaloupe	<u>SR. EXPRESS</u>  <b>AT HOME (OLD K-MART)</b>	Italian Sausage  Pasta & Sauce  Wax Bean  Italian Vegetables Italian Bread Watermelon
30	31	<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>	
Goulash w/Ground Beef  Grape Juice  Broccoli  Scandinavian Vegetables Italian Bread Apricots	Braised Pork Chop w/Gravy  Mashed Potatoes  Spanish Style Lima Beans  12 Grain Bread Honeydew Melon		
			<b>Senior Center &amp; Recreation Office: 392 - 9030</b>
			