



July 2014

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

4

Reservations recommended

60+ \$1.50 donation

all others \$7.50

Chicken Corn Casserole (147)

w/ green chile
Asparagus spears
Cornbread
Grapefruit sections

Frito Pie

w/ lettuce, tomato, onions
Greenbeans
Tortilla
Fruit cocktail

Beef Hotdogs on a bun

Pork & beans
Coleslaw
Applesauce

All Centers are closed in observance of Independence Day.



Celebrate safely!

7

8

9

10

11

Baked Chicken (215)

Herb roasted potatoes
Broccoli
ww/Roll
Orange

Baked Breaded Fish

w/ tarter sauce & lemon wedge
Steamed rice
Glazed carrots
Orange sherbert

Beef Cube Steak w/ Peppers

& tomatoes
Brown Rice
Spinach
Tossed salad w/ dressing
Watermelon Wedge

Chicken Pot Pie

Caprese Tomato
Tossed salad w/ dressing
Mandarin Orange cake

Turkey & cheese sandwich

Carrot & celery sticks
Lettuce, tomato, onion
Potato chips
Ice Cream

14

15

16

17

18

Meatloaf (130) w/ mashed

potatoes & gravy
Brussel sprouts
Tossed salad w/ dressing
Apple slices

Green Chile Pork Stew (517)

Tossed salad/dressing
Cornbread
Jello w/ fruit cocktail

Baked Chicken Breast (204) w/

stuffing
Chuckwagon vegetables
Tossed salad w/ dressing
Chocolate cake w/ icing

Spaghetti w/ Meat Sauce

Brussel sprouts
Tossed salad w/ dressing
Breadstick
Cantalope

Tuna Salad Sandwich (414)

Steamed beets w/ onions
Potato salad
Strawberry ice cream

21

22

23

24

25

Hamburger

Baked beans
Steamed carrots
Chocolate pudding

Liver/Onions

Steamed rice
Broccoli & cauliflower
ww Roll
Peanut butter cookie

Chicken Fajita

Beans
Tortilla
Tossed salad w/ dressing
Pears & mandarin orange

Spinach & Ham Quiche (411)

Potato wedges
Tossed salad w/ dressing
Cottage cheese & fruit

Grilled Cheese Sandwich w/

Tomato soup
Pasta salad
Strawberry ice cream

28

29

30

31

Beef Stroganoff (110)

Spinach
Tossed salad w/ dressing
Peach pie w/ vanilla ice cream

Marinated Chicken (340)

Seasoned herb rice
Steamed broccoli
Strawberry & bananas

Pork Roast w/ Gravy

& stuffing
Green beans
ww / roll
Fruit salad

Sweet/Sour Chicken (324)

Egg fried rice
Island vegetables (436a)
Cottage cheese & pineapples

All meals served with 8 oz (1/2 pint) of 2% milk or orange juice.