




# July 2017

## Senior Wellness and Nutrition Program Menu

**\*Reservations and cancellations must be made 24 hours in advance to the Site Manager\***

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	<b>Breaded Chicken Breast</b> Mashed Potatoes w/Gravy Glazed Carrots Wheat Bread Pears	4	<b>Holiday</b> 	5	<b>Swedish Meatballs over Noodles</b> Capri Blend Veggies. Rye Bread Cake w/Tropical Fruit	6	<b>BBQ Pork on a Roll</b> Tater Tots Green Beans Pineapple	7	<b>Turkey Salad on Croissant w/ Lettuce &amp; Tomato Slices</b> 3 Bean Salad Lemon Bars
10	<b>Country Fried Steak w/Gravy</b> Mashed Potatoes Spinach 12 Grain Bread Pears	11	<b>Italian Sausage w/ Peppers &amp; Onions</b> Tater Tots Broccoli Salad Fruited Jello	12	<b>Turkey Ala King over Biscuit</b> Mixed Vegetables Apple Juice Brownie	13	<b>Macaroni &amp; Cheese</b> Stewed Tomatoes Dinner Roll Raspberry Peach Slices	14	<b>Western Omelet</b> Home Fries Blueberry Muffin Fresh Fruit Cup
17	<b>BBQ Chicken</b> Baked Potato Corn on the Cob Wheat Bread Pineapple Tidbits	18	<b>Meatloaf Parmesan Potatoes</b> Brussel Sprouts Wheat Roll Cinnamon Applesauce	19	<b>Cheddar &amp; Roasted Red Pepper Soup</b> Ham Salad on Brioche w/ Lettuce Grapes	20	<b>QUARTERLY BIRTHDAY PARTY</b> <b>Stuffed Shells</b> Tossed Salad Garlic Bread Birthday Cake Ice Cream	21	<b>Potato Crusted Fish</b> Coleslaw Potato Wedges Rye Bread Fresh Melon
24	<b>Senior Picnic Gargoyle Park 9-2</b>  <b>Meal on Wheels will be delivered</b>	25	<b>Turkey &amp; Broccoli Divan</b> Peppered Rice Cranberry Juice Wheat Bread Creamy Raspberry Dessert	26	<b>Chicken Caesar Salad</b> Pull Apart Rolls Fruit Punch Cherry Pie	27	<b>Taco Burger on a Bun</b> Lettuce & Tomato Sour Cream Macaroni Salad Pickled Beets Cantaloupe	28	<b>Scampi Baked Fish</b> Red Roast Potatoes Broccoli Cheddar Bake Wheat Roll Peaches
31	<b>Meatball Sub w/ Mozzarella Cheese</b> Steak Fries California Blend Vegetables Mandarin Oranges	<p>What 8 letter word can have a letter taken away and it still makes a word. Take another letter away and it still makes a word. Keep on doing that until you have one letter left. What is the word?</p> <p style="text-align: right;">ANSWER: The word is starting! starting, starting, string, sting, sing, sin, in, i. Cool, huh?</p>							

All meals are served with 1/2 pint milk and margarine.

**Menus are subject to change without notification.**

**ATTENTION:**

**Meals on Wheels Participants - Please call if you will NOT be home for your meal delivery.**