


SENIOR CONCERNS' MENU



July 2010

This institution is prohibited from discriminating on the basis of race, gender, age, disability



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Turkey Stuffing Spinach	2 BBQ-Hamburger Potato/Green Salad Fresh Fruit MOW-Corn on the Cob & Oven Fries
5 CENTER CLOSED! 	6 Chicken Fried Stk Au Gratin Potatoes Peas	7 Breaded Pollack Oven Fries Carrots	8 Meat Loaf Mashed Potatoes Green Beans	9 Clam Chowder Cheese & Tomatoes Sandwich Green Salad MOW-Fish,Rice,Veg
12 Roast Beef Mashed Potatoes Peas	13 Ranch Chicken Rice Pilaf Carrots	14 Cheeseburger Fries Green Beans	15 Pork Loin Au Gratin Potatoes Spinach	16 Baked Fish Rice Lima Beans
19 Sausage & Peppers Buttered Noodles Carrots	20 Meat Lasagna Salad Italian Blend Veg. MOW-2nd Veg.	21 Salisbury Steak Mashed Potatoes Peas & Carrots	22 Beef Stroganoff Noodles Green Beans	23 Tomato Fish Rice Pilaf Spinach
26 Baked Ham Stuffing Peas	27 BBQ Chicken Spanish Rice Mixed Veg.	28 Fish & Chips Corn	29 Stuffed Green Peppers Au Gratin Potatoes Lima Beans	30 Lentil Soup Tuna Sandwich Green Salad MOW-Fish,Rice,Veg

