

## SENIOR CITIZENS MENU JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Chili Cheese Dog Onion Rings Ketchup, Mustard Summer Salad Cherry Whip Choice of Milk	<b>4</b> ALL CENTERS CLOSED 	<b>5.</b> Swedish Meatballs over Noodles Sliced Carrots Chilled Juice Fruited Gelatin Whole Wheat Bread Choice of Milk	<b>6</b> Chicken Cacciatore Sliced New Potatoes Zucchini Squash Pudding with Topping Whole Wheat Bread Choice of Milk	<b>7</b> Tuna Salad Plate with Lettuce, Tomato Wedges Cantaloupe Slice Chocolate Cake Saltine Crackers Choice of Milk
<b>10</b> Savory Meatloaf Yellow Hominy Steamed Broccoli Diced Peaches Dinner Roll Choice of Milk	<b>11</b> Chicken Spaghetti Fried Okra Sliced Pears Oatmeal Raisin Cookies Whole Wheat Bread Choice of Milk	<b>12</b> Pinto Beans and Ham Sliced Onion Marinated Tomatoes Oreo Pudding Fresh Cornbread Choice of Milk	<b>13</b> Mexican Casserole Hominy O'Brian Salsa, Sour Cream Sliced Pineapple White Cake with Icing Choice of Milk	<b>14</b> Chicken Fried Steak with Gravy Whipped Potatoes Green Beans Tropical Fruit Salad Dinner Roll Choice of Milk
<b>17</b> Sliced Ham Cauliflower with Cheese Black-eyed Pea Salad Orange Whip Fresh Baked Cornbread Choice of Milk	<b>18</b> Spaghetti with Meat Sauce California Vegetables Mixed Green Salad with Dressing Chilled Apricots Garlic Bread Choice of Milk	<b>19</b> Beef Tostada with Beans, Cheese, Lettuce, Tomato, Jalapenos, Salsa, Sour Cream Chilled Juice Vanilla Ice Cream Choice of Milk	<b>20</b> Chicken Strips with Gravy Whipped Potatoes Mixed Vegetables Mandarin Oranges Whole Wheat Bread Choice of Milk	<b>21</b> Smoked Sausage Baked Potato with Sour Cream Green Beans Pineapple Upside Down Cake Whole Wheat Bread Choice of Milk
<b>24</b> Pepper Steak Whipped Potatoes Sliced Yellow Squash Chocolate Chip Cookies Dinner Roll Choice of Milk	<b>25</b> Turkey Breast with Gravy Sliced Carrots Potato Salad Apple Jubilee Whole Wheat Bread Choice of Milk	<b>26</b> Hamburger on a Bun Mustard, Lettuce, Tomato, Pickles, Onion Potato Rounds with Catsup Sliced Pears Choice of Milk	<b>27 Birthday's</b> Parmesan Baked Chicken Macaroni with Tomatoes Mixed Greens Birthday Cake Garlic Bread Choice of Milk	<b>28</b> Salisbury Steak with Gravy Buttered Corn Mixed Green salad with Dressing Fruited Gelatin Whole Wheat Bread Choice of Milk
<b>31</b> Teriyaki Chicken with Eggroll Rice Pilaf Green Peas Tropical Fruit Choice of Milk				

**ROSE PARK SENIOR CENTER**  
**LUNCH SERVED 11:30 A.M. TO 12:15 P.M.**  
**TAKE-HOME MEALS 12:15 P.M. TO 12:30 P.M.**

**COBB, G.V. DANIELS, SEARS**  
**LUNCH SERVED 11:30 A.M. TO 12:15 P.M.**  
**TAKE-HOME MEALS 12 P.M. TO 12:15 P.M.**

***MENUS SUBJECT TO CHANGE WITHOUT NOTICE***