

ADAPTIVE RECREATION MENU JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Spaghetti Turnips and Tops Chilled Mixed Fruit Oatmeal Raisin Cookies Whole Wheat Bread Choice of Milk	2 Chicken Fried Steak with Gravy Whipped Potatoes Green Beans Tropical Fruit Salad Dinner Roll Choice of Milk	3. Jumbo Corn Dog with Mustard Baked Beans Chilled Sliced Peaches Cherry Whip Choice of Milk	4 ALL CENTERS CLOSED 	5 ALL CENTERS CLOSED 
8 Swiss Steak Whipped Potatoes Sliced Yellow Squash Diced Peaches Dinner Roll Choice of Milk	9 Turkey Breast with Gravy Mixed Vegetables Potato Salad Apple Jubilee Whole Wheat Bread Choice of Milk	10 Pinto Beans and Ham Sliced Onion Marinated Tomatoes Oreo Pudding Fresh Cornbread Choice of Milk	11 Fried Fish served with Tartar Sauce Baked Beans Creamy Coleslaw Mandarin Oranges Whole Wheat Bread Choice of Milk	12 Tuna Salad Plate with Lettuce, Tomato Wedges Cantaloupe Slice Chocolate Cake Saltine Crackers Choice of Milk
15 Salisbury Steak with Gravy Buttered Corn Mixed Green salad with Dressing Tropical Fruit Whole Wheat Bread Choice of Milk	16 Teriyaki Chicken with Eggroll Rice Pilaf Green Peas Fruited Gelatin Choice of Milk	17 Beef Tostada with Beans, Cheese, Lettuce, Tomato, Jalapenos, Salsa, Sour Cream Chilled Juice Vanilla Ice Cream Choice of Milk	18 Chicken Salad Sandwich served with Pickle Spear Fried Okra Pineapple Chunks Oatmeal Raisin Cookies Choice of Milk	19 Smoked Sausage Baked Potato with Sour Cream Green Beans Pineapple Cake Whole Wheat Bread Choice of Milk
22 Spaghetti with Meat Sauce Seasoned Green Beans Mixed Green Salad with Dressing Vanilla Ice Cream Garlic Bread Choice of Milk	23 Sliced Ham Cauliflower with Cheese Black-eyed Pea Salad Orange Whip Fresh Baked Cornbread Choice of Milk	24 Hamburger on a Bun Mustard, Lettuce, Tomato, Pickles, Onion Potato Rounds with Catsup Sliced Pears Choice of Milk	25 Birthday's Chicken Strips with Gravy Whipped Potatoes California Mixed Vegetables Birthday Cake Whole Wheat Bread Choice of Milk	26 Smoked Turkey with Gravy Baked Yam Green Pea Salad Orange Sherbet Dinner Roll Choice of Milk 
29 Swedish Meatballs over Noodles Sliced Carrots Chilled Juice Banana Pudding Whole Wheat Bread Choice of Milk	30 Mexican Casserole Hominy O'Brian Salsa, Sour Cream Sliced Pineapple White Cake with Icing Choice of Milk	31 Chicken Cacciatore Sliced New Potatoes Zucchini Squash Butterscotch Swirl Pudding Whole Wheat Bread 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