
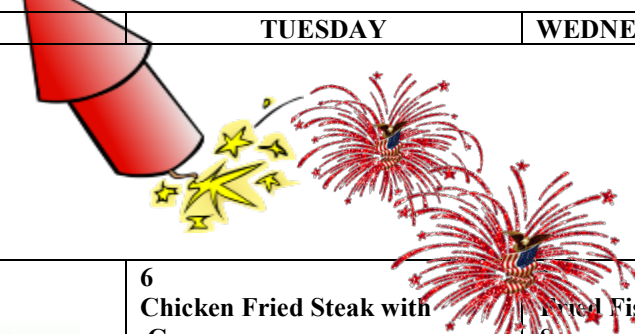



## SENIOR CITIZENS MENU JULY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Salisbury Steak with Gravy Buttered Corn Green Beans Pudding with Topping Dinner Roll	<b>2</b> Corn Dog with Mustard, Ketchup French Fries Diced Cantaloupe Brownie
<b>5</b> ALL CENTERS CLOSED 	<b>6</b> Chicken Fried Steak with Gravy Whipped Potatoes Zucchini Squash Tropical Fruit Dinner Roll	<b>7</b> Fried Fish served with Tartar Sauce Baked Beans Creamy Coleslaw Sliced Peaches Whole Wheat Bread	<b>8</b> Chicken Salad Plate with Lettuce, Pickle Spear, Tomato Wedges and Sliced Pineapple Carrot Cake Saltine Crackers	<b>9</b> Savory Meatloaf Scalloped Potatoes Green Peas Fruited Gelatin with Topping Whole Wheat Bread
<b>12</b> Beef Rice Casserole Buttered Corn Chilled Pears Oatmeal Raisin Cookies Whole Wheat Bread	<b>13</b> Oven Baked Chicken Breast Mixed Vegetables Potato Salad Apple Jubilee Whole Wheat Bread	<b>14</b> Tostada with Beans, Meat, Cheese, Lettuce and Tomato Salsa, Sour Cream, Jalapenos Pineapple Chunks Vanilla Ice Cream	<b>15</b> Tuna Salad on a Croissant Pickle Spear Potato Chips Mandarin Oranges Cherry Jubilee Cookies	<b>16</b> Smoked Sausage Baked Potato with Sour Cream Green Beans Coconut Pie Whole Wheat Bread
<b>19</b> Spaghetti with Meat Sauce California Vegetables Chilled Juice Butterscotch Pudding Swirl Garlic Bread	<b>20</b> Sliced Ham Cauliflower with Cheese Black-eyed Peas Orange Whip Fresh Baked Cornbread	<b>21</b> Hamburger on a Bun Mustard, Lettuce, Tomato, Pickles, Onion Potato Rounds with Ketchup Sliced Pear Sherbet	<b>22</b> Chicken Strips with Gravy Whipped Potatoes California Mixed Vegetables Carrot Cake Whole Wheat Bread	<b>23</b> Swiss Steak Sliced New Potatoes Sliced Yellow Squash Diced Peaches Dinner Roll
<b>26</b> Swedish Meatballs over Noodles Sliced Carrots Chilled Juice Banana Pudding Whole Wheat Bread	<b>27</b> Sliced Turkey Breast with Gravy Baked Yam Creamy Cucumber Salad Chocolate Chip Cookies Dinner Roll	<b>28</b> Mexican Casserole Hominy O'Brian Salsa, Sour Cream Sliced Pineapple Shortbread Cookies	<b>29</b> Birthday's Teriyaki Chicken with Eggroll Rice Pilaf Green Peas Sliced Peaches Birthday Cake	<b>30</b> Chopped BBQ on a Bun Onion Slice, Pickle Spear Pinto Beans Mandarin Oranges Cheesecake

ROSE PARK SENIOR CENTER  
LUNCH SERVED 11:30 A.M. TO 12:15 P.M.

COBB, G.V. DANIELS, SEARS  
LUNCH SERVED 11:30 A.M. TO 12:15 P.M.

*MENUS SUBJECT TO CHANGE WITHOUT NOTICE*