

# Senior Wellness Center

60 and older = free

59 and under = \$3.00 or Assist with  
Clean up.

## July 2023

Children 18 and under = \$1.00

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 <b>Tuna Casserole</b> spiral pasta brocc/calif  canned fruit	4 <b>Independence Day</b> No Lunch No Work	5 <b>Spagetti</b> Sauteed Zucchini garlic toast  canned fruit	6 <b>Chicken Ques.</b> chopped salad Spanish Rice  Smoothie	7 <b>Spanish Casserole</b> with toppings Corn Salad  fresh fruit	
	10 <b>Roast Beef</b> Arugula/Romaine ww bread zucchini fries canned fruit	11 <b>Baked Salmon</b> garlic cream pasta fresh green beans  Fresh fruit	12 <b>Sloppy Joes</b> Sweet potato fries pineapple cole slaw  canned fruit	13 <b>Cajun Chicken and Rice Bake</b> root mixed vegetables fresh fruit	14 <b>Senior Breakfast</b> 730 am to 930 am take-out available  fresh fruit	
	17 <b>Salmon Loaf</b> sand wick roasted vegetables  fresh fruit	18 <b>Broccoli Lasagna</b> green salad garlic toast  Fresh fruit	19 <b>Stuffed PorkChops</b> lookish mash green beans  canned fruit	20 <b>Parmeasean Crusted Tilapia</b> Broccoli grape Salad c o r n fresh fruit	21 <b>Senior Cookout</b> lunch at 12pm S & L carrot salad fresh fruit	
	24 <b>Tortilla Soup</b> w/ s;iced avocados blue corn chips  fresh fruit	25 <b>Black Bean Spinach Casserole</b> spring mix slad  fresh fruit	26 <b>White Fish</b> Brown rice carrots and walnuts  fresh fruit	27 <b>Cantaloup Chicken</b> salad crackers  fresh fruit	28 <b>Indian</b> Beef tacos  canned fruit	
	31 <b>Salmon Salad</b> w/ whites beans crackers  fresh fruit					

**Monday and Thursday are Exercise Days lunch for participants**  
**Tuesday Wednesday and Friday is Senior Luncheon at noon (12pm)**