


# July SENIOR MEALS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 <b>Tuna Casserole</b> spiral pasta brocc/calif  canned fruit</p>	<p>2 <b>Mediterrain Steaks</b> penne pasta baked vegetables  fresh fruit</p>	<p>3 </p>	<p>4 <b>Happy 4th of July</b>  no lunch no exercise</p>	<p>5 <b>Spanish Casserole</b> with toppings Corn Salad  fresh fruit</p>
<p>8 <b>Roast Beef</b> Arugula/Romaine ww bread zucchini fries canned fruit</p>	<p>9 <b>Baked Salmon</b> garlic cream pasta fresh green beans  Fresh fruit</p>	<p>10 <b>Sloppy Joes</b> Sweet potato fries pineapple cole slaw green salad canned fruit</p>	<p>11 <b>Cajun Chicken and</b> Rice Bake root mixed vegetables fresh fruit</p>	<p>12 <b>Senior Breakfast</b> 730 am to 930 am take-out available  fresh fruit</p>
<p>15 <b>Baked Halibut</b> sand wich roasted vegetables  fresh fruit</p>	<p>16 <b>Vegetable Lasagna</b> green salad garlic toast  Fresh fruit</p>	<p>17 <b>Stuffed PorkChops</b> <b>lookish mash</b> green beans spring mix salad canned fruit</p>	<p>18 <b>Parmeasean</b> <b>Crusted Tilapia</b> Broccoli grape Salad c o r n fresh fruit</p>	<p>19 <b>Senior Cookout</b> lunch at 12pm S &amp; L carrot salad fresh fruit</p>
<p>22 <b>Tortilla Soup</b> w/ s;iced avocados blue corn chips  fresh fruit</p>	<p>23 <b>Black Bean Spinach</b> <b>Casserole</b> spring mix slad ww bread fresh fruit</p>	<p>24 <b>Salmon Loaf</b> Brown rice carrots and walnuts  fresh fruit</p>	<p>25 <b>Cantaloup Chicken</b> salad crackers  fresh fruit</p>	<p>26 <b>Indian</b> Beef tacos lettuce,tomato,onions avocado,cheese canned fruit</p>
<p>29 <b>Salmon Salad</b> w/ whites beans crackers  fresh fruit</p>	<p>30 <b>Roasted Pork</b> brown rice n' gravy mix vegetables ww bread canned fruit</p>	<p>31 <b>Meat Loaf</b> potatoes roasted roots green salad fresh fruit</p>		