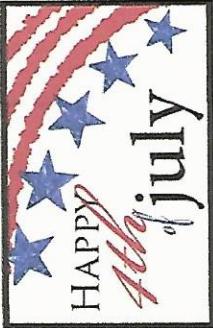





MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Italian Style Meatballs w/ Seashell Pasta in Marinara Sauce Italian Blend Vegetables Whole Grain Bread Applesauce	3	CELEBRATE 4TH OF JULY Farmer Brown Soup Hamburger w/ Broth Potato Salad Mustard, Ketchup, Relish Sliced Tomatoes & Leaf Lettuce Multi-Grain Bun Lemon Pudding w/ Whipped Topping	4	 CRT CLOSED	5	Orange-Pineapple Juice Barbeque Chicken Breast Mashed Potatoes Corn Wheat Dinner Roll Tropical Fruit	6	Grape Juice Apple-Glazed Roast Pork Loin w/ Broth Yellow Rice Spinach 100 % Whole Wheat Bread Fresh Banana
9	Hamburger w/ Broth on Multi-Grain Hamburger Bun Sliced Tomatoes & Leaf Lettuce Ketchup, Mustard, Relish Potato Salad Fresh Orange	10	Country Vegetable Soup Garden Salad Greens Cherry Tomatoes/Cucumbers/ Onions w/ Grilled Chicken Strips/ Cheddar Cheese/ Italian Dressing/ Saltine Crackers/ Pineapples & Mandarins Mix	11	Macaroni & Cheese Stewed Tomatoes & Zucchini Tossed Salad Greens w/ Cherry Tomatoes & Cucumbers Raspberry Salad Dressing Wheat Dinner Roll Pears	12	Stuffed Salmon Boat w/ Seafood Sauce Wild Rice Green Beans Dinner Roll Fruit Cocktail	13	National Hot Dogs & Beans Day Orange-Pineapple Juice Hot Dog/ Hot Dog Roll Mustard, Relish, Mustard Baked Beans Mixed Vegetables Frosted Chocolate Brownie
16	Orange Juice Barbeque Pulled Pork On Multi-Grain Bun Red, Green, Purple Cabbage Coleslaw Tortellini Salad Tapioca Pudding w/ Whipped Topping	17	Salisbury Steak w/ Vegetable Gravy Boiled Potatoes Caribbean Blend Vegetables Wheat Dinner Roll Applesauce	18	Oven-Fried Chicken Baked Beans Capri Blend Vegetables Corn Muffin Mandarin Oranges	19	Pot Roast w/ Gravy Oven Roasted Potatoes Brussel Sprouts Dinner Roll Peaches & Pears	20	Grape Juice Tuna Noodle Casserole Peas & Diced Carrots 100 % Whole Wheat Bread Fresh Banana
23	Lemon Baked Chicken Cornbread Stuffing Broccoli & Cauliflower Oatnut Bread Peaches	24	Beef Chili/ Shredded Cheese Baked Potato Sliced Carrots Wheat Dinner Roll Fresh Orange	25	JULY - BIRTHDAY Cream of Vegetable Soup Chef Salad w/ Mixed Greens (Shredded Cheese/ Ham / Cooked Egg) Wholegrain Saltine Crackers/ Ranch Dressing/ Dinner Roll/ Pound Cake w/ Peaches & Berries & Whipped Topping	26	Swedish Meatballs Parslied Egg noodles Prince Edward Blend Vegetables Wheat Bread Pineapple Tidbits	27	Orange Juice Roast Turkey w/ Gravy Cut-Up Sweet Potatoes Spinach Cranberry Sauce 100 % Whole Wheat Bread Fruit Cocktail
30	Stuffed Cabbage w/ Marinara Sauce Farfalle Noodles Beets 100 % Whole Wheat Bread Pears	31	Breaded Fish Tartar Sauce Mashed Potatoes Garden Blend Vegetables 12 Grain Bread Mandarin Oranges			<p>Some people believe good things come to those who wait... NOT ME I believe good things come to those who go out and make it happen!</p>		<p>Life is like a camera... <i>Focus</i> on what's important, <i>Capture</i> the good times, <i>Develop</i> from the negatives, And if things don't work out, <i>Take another shot.</i></p>	

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses.
All meals are served with milk, bread & margarine. **DONATIONS: \$2.50 (or whatever you can afford) Call 860-632-3407 to reserve**