

Dinners are served at 5:30 p.m. at the Wood County Senior Center

Reservations required by 2 p.m. that day.

No person over 60 shall be denied nutrition services because of failure to contribute all or part of the cost of such service. Participants shall determine for themselves what they are able to contribute toward the cost of the service. There is a \$4 suggested donation those over 60 and \$7 for those under 60 years of age.

Nutrition and Ingredient Information is Available Upon Request.

NEW! Introducing a menu alternative to the Wednesday evening meals. A salad bar will be open from 4 until 6 p.m. for a \$4 donation (For those over 60). Reservations will be required by 2 p.m. each Tuesday.

Contact Paul at 419.353.5661 for more information about the new salad bar.

THURSDAY, July 1 – Yankee Pot Roast, carrots, peas and onions, baked potato, strawberries and blueberries, apple pie.

TUESDAY, July 6 – Sweet and Sour Pork, wild rice, Oriental blend vegetables, tossed salad, pineapple rings, applesauce cake.

4:30 p.m. Readers Café & 6 p.m. Dominoes

WEDNESDAY, July 7 – Grilled Salmon, mashed potatoes, Riviera blend vegetables, pears in lime jell-o, banana pudding.

THURSDAY, July 8– Mushroom Steak, baked potato, sunset salad, fresh plum.

TUESDAY, July 13 - BIRTHDAY PARTY

Oven Roasted Chicken, au gratin potatoes, Betty's salad, grapefruit juice, cake and ice cream.

4:30 p.m. Readers Café & 6 p.m. Dominoes

WEDNESDAY, July 14 – Stuffed Green Pepper, carrots, potato salad, strawberries, shortcake.

THURSDAY, July 15 – Shredded Chicken Quesadillas, Spanish rice, sweet corn casserole, mandarin orange salad. *6 p.m. Bingo sponsored by Bowling Green Manor*

TUESDAY, July 20 - Liver and Onions, mashed potatoes, peas and onions, citrus, chocolate mousse. *4:30 p.m. Readers Café & 6 p.m. Dominoes*

WEDNESDAY, July 21 – Grilled Ham Croissant, French fries, slaw, fruit cocktail, lemon meringue pie.

THURSDAY, July 22 – Meat Lasagna, cauliflower, tossed salad, fruit, orange sherbet.

TUESDAY, July 27 - Chicken Teriyaki, rice pilaf, mixed vegetables, baked potato, mandarin orange salad, carrot cake. *4:30 p.m. Readers Café & 6 p.m. Dominoes*

WEDNESDAY, July 28 – Ham, squash, corn relish, fruited jell-o, brownie.

THURSDAY, July 29 – Swedish Meatballs, asparagus, fruit cup, peach crisp.

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