

Served at 12:00 p.m., Noon, Monday through Friday.

No reservations necessary. (Menu is subject to change.)

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 \$2 suggested donation for those 60 and over and a \$5 fee for those under 60.

Nutrition and Ingredient Information is Available Upon Request.

THURSDAY, July 1 – Chicken Pot Pie OR Beef Lasagna, green beans, tomato juice, cinnamon applesauce, pudding.

FRIDAY, July 2 – Hamburger OR Hot Dog, baked beans, coleslaw, strawberries and blueberries, angel food cake.

MONDAY, July 5 – Closed for the 4th of JULY

TUESDAY, July 6– Grilled Chicken Breast OR Veal Patty, rice pilaf, peas and mushrooms, mandarin orange salad, blueberry cobbler.

WEDNESDAY, July 7 – Cream of Broccoli Soup OR Tomato Soup, egg salad sandwich, celery and peanut butter, apple crisp.

THURSDAY, July 8 – Hamburger Pie OR Chicken Wings, mixed vegetables, Betty salad, glazed bananas and strawberries, pound cake.

FRIDAY, July 9 – Beef Taco OR Chicken Taco, Spanish rice, plum, fruited jell-o.

MONDAY, July 12 – Turkey Casserole OR Stuffed Pepper, cauliflower, pea salad, mandarin oranges and grapes, butterscotch pudding.

TUESDAY, July 13 – Beef Stroganoff OR Pork Chopette, tomato-zucchini blend, tossed salad vegetables, pears.

WEDNESDAY, July 14 – Chipped Ham OR Chicken Salad, potato salad, heritage coleslaw, pineapple cottage cheese, cookies.

THURSDAY, July 15 – Roast Pork OR Chicken Nuggets, squash, melon, cherry pineapple whip.

FRIDAY, July 16 – Goulash OR Salmon Croquette, far east blend vegetables, peaches and cream, grape juice.

MONDAY, July 19 – Pizza Burger OR Chicken Patty, ranch fries, carrot sticks, pears in lime jell-o, pineapple pie.

TUESDAY, July 20– Turkey Pot Roast OR Bratwurst, mashed potatoes, sauerkraut, mandarin orange salad, ice cream.

WEDNESDAY, July 21 – **BIRTHDAY CELEBRATION**- Roast Beef, scalloped potatoes, coleslaw, rosy applesauce, cake and ice cream.

THURSDAY, July 22 - Chicken Paprikash OR Meatloaf, mixed vegetables, 3-bean salad, orange, lemon bar.

FRIDAY, July 23- Chipped Beef OR Creamed Chicken, asparagus, mashed potatoes, grapes, pie.

MONDAY, July 26 – Sweet and Sour Chicken or Pork Cutlet, wild rice, oriental vegetables, tropical fruit, mandarin oranges in orange jell-o.

TUESDAY, July 27 – Oven Fried Chicken OR Vegetable Lasagna, winter blend vegetables, pickled beets, strawberries and blueberries, biscuit.

WEDNESDAY, July 28 – Hot Dog OR Hamburger, baked beans, coleslaw, melon, éclair cake.

THURSDAY, July 29 – Turkey OR Liver and Onions, mashed potatoes, orange sections, cherry crisp.

FRIDAY, July 30 – Scalloped Potatoes and Ham OR Grilled Tilapia, peas and onions, marinated carrot salad, pineapple juice, bread pudding.

FOR SALE:**Grocery Totes**

WCCOA & A to Z Healthcare have reusable grocery totes for sale for \$2. Pick yours up at any Senior Center.