








July 2017 Meals Calendar

Please call 24 hours in advance to reserve or cancel lunch— suggested donation \$3

Monday	Tuesday	Wednesday	Thursday	Friday
3 Center Closed	4 Center Closed 	5 stuffed shells & marinara, tossed salad, wheat roll, strawberry short-cake with topping	6 broccoli cheddar soup, Caesar salad with grilled chicken & croutons, water-melon	7 No Regular Friday Lunch
10 Coffee Hour and Wellness Chat Light fare, juice and coffee Topic: Arthritis friendly diet	11 soft burrito beef and/or beans filling with shredded cheese & lettuce, mild salsa, sour cream on the side, plain potato chips, fruit muffin	12 boneless chicken breasts topped with gravy, stuffing on side, roasted red potatoes, Harvard beets, watermelon	13 pulled pork sandwiches, Cole slaw, 3 bean salad, bun, caramel apple crumb cake	14 No Regular Friday Lunch
17 	18 	19 	20 	21 No Regular Friday Lunch
24 Coffee Hour and Wellness Chat Light fare, juice and coffee Topic: A healthy gut	25 Salisbury steak with mushroom gravy, spinach, mashed potatoes, marble rye bread, fruit filled cookie	26 Herb baked chicken breast, wild brown rice pilaf with sautéed vegetables, oriental vegetables, roll, fruited jello with topping	27 Sloppy joes, Cole slaw, Macaroni vegetable salad, bun, ambrosia	28 No Regular Friday Lunch
31 Coffee Hour and Wellness Chat Light fare, juice and coffee Topic: B Vitamins				