

Centre Region Active Adult Center Menu - July 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Happy Independence Day! No Center Meals today	4 Happy Independence Day!	5 Chicken Caesar Salad Mixed Greens Italian Wedding Soup w/crackers Sliced Peaches Dinner Roll	6 Italian Hoagie Lettuce/Tomato Coleslaw Jello Poke Cake Fresh Fruit Hoagie Roll, dressing	7 Turkey Salad Sandwich Lettuce & Tomato Cheesy Cauliflower Soup w/Crackers 2 White Bread Apple
10 Egg & American Cheese Salad Mixed Spinach Salad w/ Tomato & Vinaigrette Dressing 3 Bean Salad Sugar Cookie	11 Spaghetti & Meatballs Pasta w/ Marinara Italian Green Beans Sugar Cookie Garlic Breadstick	12 Baked Cube Steak w/Onion Gravy Baked Potato w/ Sour Cream/Butter California Blend Vegetables Blueberry Muffin	13 BBQ Pulled Pork Sandwich Parmesan Potatoes Coleslaw Warm Peach Crunch Whole Wheat Sandwich Roll	14 Sweet Sausage Sandwich w/peppers & Onions Cheesy Broccoli Soup Honeydew Melon Hoagie Roll
17 Ginger Chicken Blended Rice Summer Blend Vegetables Mandarin Oranges Oatmeal Cookies WW Bread	18 Crabby Cake Mixed Green Salad w/Tomatoes & Vinaigrette Cole Slaw Raspberry Sherbet Dinner Roll	19 Meatball Hoagie w/sauce and cheese Pepper Slaw Broccoli Fresh Navel Orange Hoagie Roll	20 Sloppy Joe Vegetable Noodle Soup w/Crackers Pineapple Tidbits WW Sandwich Roll Peanut Butter Cookie	21 Chicken Cobb Salad Chicken, Egg, Cheese & Sprinkle of Bacon Chicken Noodle Soup Crackers Fresh Seasonal Fruit Breadstick
24 Chicken & Gravy over Buttermilk Biscuit Italian Vegetable Medley Fresh Seasonal Fruit	25 Beef & Cheese Lasagna w/Cheese Tossed Salad w/Tomato, Carrots & Red Cabbage Cantaloupe Garlic Breadstick	26 BBQ Chicken Breast Blended Rice Pepper Slaw Warm Chunky Cinnamon Apples Dinner Roll	27 Roast Pork Loin Mashed Sweet Potatoes Frenchstyle Green Beans Vanilla Wafers Banana Pudding Corn Bread Muffin	28 Tuna Salad Sandwich Lettuce/Tomato Vegetable Soup w/crackers Pickled Beets & Egg Watermelon 2 Rye Bread
31 All Beef Hot Dog w/Cheese Creamy Tomato Soup w/Crackers Apricots Chocolate Chip Cookie Whole Wheat Sandwich Roll	All meals include a serving of 2% milk To reserve your meal, call 231-3076 by 10am the day before you plan to visit *Adults age 55-59, the lunch cost is \$4.25 (must be paid in advance) *Adults age 60 & over, a donation of \$1.50 per meal is requested to help offset some of the cost.			