

JULY NUTRITION

MONTHLY DINNER:

Wednesday, July 11

BBQ rib, macaroni salad, corn on the cob, club roll, strawberry shortcake

Reservations must be made by

SPECIAL LUNCHESES:

July 3

Independence Day

July 25

LUNCH is served Mon-Fri from 12-1.

Please make reservations 24 hours in advance. The Erie County Nutrition Program is open to anyone 60 years of age or older at a suggested contribution of \$3. Guests under 60 are welcome for \$5.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| 2 Salisbury steak, mashed potatoes, green beans, wheat dinner roll, pineapple | 3 Independence Day Hot dog, baked beans, potato salad, corn on cob, roll, watermelon | 4 CENTER CLOSED | 5 Lasagna, broccoli, grape juice, Italian bread, lemon ice | 6 Omelet with cheese, hashed brown potatoes, spiced apples, cranberry muffin, oatmeal cookies |
| 9 BBQ ribette, scalloped potatoes, sweet & sour cabbage, club roll, pineapple tidbits | 10 Chicken parmesan, broccoli, cauliflower, pasta, fruited Jello | 11 Beef stew, mashed potatoes, stew vegetables, biscuit, mandarin oranges | 12 Hot turkey sandwich, Italian wedding soup, chef salad, white bread, vanilla wafers | 13 Breaded fish, oven browned potatoes, zucchini & tomatoes, rye bread, banana |
| 16 Chicken leg, baked potato, carrots, dinner roll, apple crisp | 17 Beefaroni, green beans, corn, multigrain bread, cake | 18 Make Your Own Salad, blended juice, honey bran bread, tropical fruit | 19 Meatloaf with gravy, mashed potatoes, peas, dinner roll, chocolate pudding | 20 Macaroni & cheese, stewed tomatoes, apple juice, blueberry muffin, diced pears |
| 23 Chicken patty, rice pilaf, carrots, dinner roll, cake | 24 Tilapia, potato wedges, cauliflower, multigrain bread, diced peaches | 25 Christmas in July Roast beef with gravy, mashed potatoes, peas, white bread, Christmas cookies | 26 Pasta & meatballs, cauliflower, chef salad, Italian bread, strawberry ice cream | 27 Pork chop with gravy, mashed sweet potatoes, California blend, dinner roll, applesauce |
| 30 Salisbury steak, mashed potatoes, butternut squash, dinner roll, pineapple chunks | 31 Breaded Chicken leg, potato salad, carrots, multigrain bread, cookies | | | |

ALL MEAL RESERVATIONS OR CANCELLATIONS 636-3050