



JULY 2015 SENIOR REGULAR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Beef & Vegetable Stew Brown Rice Wheat Bread Green Salad Orange	2 BBQ Pork Sandwich Broccoli Normandy Pineapple Tidbits	HOLIDAY 
6 *Polish Sausage Dog Mixed Vegetables Orange	7 Pepper Steak Peas & Carrots Brown Rice Fruited Jell-O	8 BBQ Chicken Thigh Sweet Potato Wheat Bread Diced Pears	9 Breaded Fish Broccoli Normandy Wheat Roll Applesauce	10 Chicken Sandwich Potato Soup Pineapple Tidbits
13 Chicken Soft Taco Peas & Carrots Orange	14 Meatballs in Gravy Brown Rice Hi C Salad Wheat bread Pears	15 Tuna Salad Sandwich Minestrone Soup Fruited Jell-O	16 Salisbury Steak W/Gravy Baked Potato Wheat Bread Applesauce	17 Pastrami & Cheese Sandwich Potato Salad Tropical Fruit
20 *Hot Dog on Wheat Bun Cucumber Salad Orange	21 Meatloaf W/Gravy Mashed Potatoes Sliced Carrots Wheat Roll Mixed Fruit	22 Baked Fish W/Lemon Sauce Broccoli Normandy Rice Pilaf Pineapple Tidbits	23 Cheeseburger Potato Wedges Tropical Fruit	24 Chicken Thigh W/Mushroom Sauce Baked Potato, Wheat Bread Hi C Salad Applesauce
27 Swiss Beef Patty Mashed Potatoes Pickled Beets Wheat Bread Diced Peaches	28 Enchilada Casserole Tossed Salad Fruited Jell-O	29 Bologna & Cheese Sandwich Vegetable Soup Orange	30 Meatball Sandwich Hi C Salad Raisins	31 Italian Chicken Thigh Broccoli Normandy Tossed Salad Wheat Roll Applesauce

Funding through: Fresno-Madera Area Agency on Aging

All meals include Low Fat Milk

*High Sodium Meal

Suggested Donation: \$1.75 Non-Senior Rate: \$4.25