





JULY 2018 SENIOR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Salisbury Steak Baked Potato Wheat Bread Pineapple Bits	3 Tuna Sandwich Vegetable Soup Orange	4 HOLIDAY 	5  Hot Dog Chili Beans Tropical Fruit	Spaghetti W/Meatsauce Hi C Salad French Bread Diced Peaches
9 Meatloaf W/Gravy Mashed Potatoes Vegetable Medley Wheat Bread Mixed Fruit	10 Chicken Fettuccini Alfredo Hi C Salad French Bread Pineapple Bits	11 Rib BBQ Sandwich Coleslaw Diced Peaches	12 Cheese Lasagna Peas & Carrots Wheat Bread Tropical Fruit	13 Breaded Chicken & Cheese Sandwich Potato Salad Sliced Apples
16 Meatballs In Gravy Rice Pilaf Mixed Vegetables Wheat Bread Applesauce	17 Swiss Beef Patty Mashed Potatoes Tossed Salad Wheat Bread Apricots	18 Turkey/Ham & Cheese  Sandwich Pickled Beets Tropical Fruit	19 Beef Enchilada Casserole Corn Fruited Jello	20 Chicken Pesto Bowtie Pasta Hi C Salad French Bread Raisins
23 Chili Verde Refried Beans Tropical Fruit	24 Beef & Vegetable Stew Rice Pilaf Hi C Salad Diced Peaches	25 Beef Stroganoff Vegetable Medley French Bread Mixed Fruit	26 Cheeseburger Pork & Beans Sliced Apples	27 Macaroni & Cheese Broccoli Normandy  Pineapple Bits Tapioca Pudding
30 Breaded Chicken Drumstick Mixed Vegetables Wheat Bread Tropical Fruit	31 Pepper Steak Corn Salad W/Broccoli Dinner Roll Pineapple Bits			

Funding through: Fresno-Madera Area Agency on Aging

All meals include Low Fat Milk
 Non-Senior Rate: \$5.10

Suggested Donation: \$2.50

Meals are subject to change without notice  High Sodium Meal