

July 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Brown Sugar Glazed Pork Chop Au Gratin Potatoes Spinach Ambrosia Salad Choice of Bread / Marg. Choice of Milk	3 Cheeseburger w/ Bun, Lettuce, Tomato, Pickles & Mayonnaise Potato Rounds BBQ Baked Beans Fresh Fruit Cup Brownie Choice of Milk	4 CLOSED Frozen Meals Available Upon Request	5 Grilled Chicken Breast Thyme Roasted Red Potatoes Brussels Sprouts Fresh Apple Choice of Bread / Marg. Choice of Milk	6 Country Fried Steak w/ Gravy Mashed Potatoes Succotash Plums Choice of Bread / Marg. Choice of Milk
9 Cubed Steak in Onion Gravy Diced Potatoes Green Beans Fresh Orange Choice of Bread / Marg. Choice of Milk	10 Smoked Sausage Buttered Potatoes Mixed Vegetables 100% Fruit Juice Choice of Bread / Marg. Choice of Milk	11 Creamy Macaroni & Cheese Stewed Tomatoes Spiced Pears Cranberry Juice Blueberry Muffin / Marg. Choice of Milk	12 Roast Beef Mashed Potatoes w/ Gravy Glazed Baby Carrots Peaches Dinner Roll / Marg. Choice of Milk	13 Parmesan Baked Chicken over Angel Hair Pasta Peas Chunky Applesauce Italian Tomato Cucumber Salad Choice of Bread / Marg. Choice of Milk
16 Roasted Pork Scalloped Potatoes O'Brien Haluski Apricots Choice of Bread / Marg. Choice of Milk	17 Chef Salad w/ Turkey, Ham, Dressing & Club Crackers Tropical Fruit Fresh Apple Banana Wafer Pudding Dessert Choice of Milk	18 Teriyaki Baked Chicken Parsley Potatoes Key Largo Vegetables Choice of Bread / Marg. Choice of Milk	19 Cabbage Rolls in Sauce Mashed Potatoes Lima Beans Fruit Cocktail Choice of Bread / Marg. Choice of Milk	20 Butter Crumb Breaded Pollock Cauliflower w/ Cheese Sauce Blueberry Compote Cole Slaw Choice of Bread / Marg. Choice of Milk
23 Rotini w/ Meat Sauce Italian Blend Vegetables Diced Beets Banana Choice of Bread / Marg. Choice of Milk	24 Tatar Tot Casserole Mixed Vegetables Peach Cobbler 100% Fruit Juice Choice of Bread / Marg. Choice of Milk	25 Boneless BBQ Pork Finger Ribs Buttered Potatoes Corn Raisins Chocolate Mayonnaise Cake Dinner Roll / Marg. Choice of Milk	26 Chicken Salad w/ Choice of Bread Potato Salad Pears in Lime Gelatin Fresh Orange Sugar Cookies Choice of Milk	27 Beef Stew w/ Celery, Onion, Carrots & Peas Whole White Potatoes Candied Cinnamon Apple Slices Grape Juice Buttermilk Biscuit / Marg. Choice of Milk
30 Roasted Turkey w/ Gravy Bread Stuffing Mashed Potatoes French Style Green Beans Cranberry Juice Choice of Milk	31 Cheese Lasagna Roll w/ Meat Sauce Tossed Salad / Dressing Broccoli Florets Fresh Apple Garlic Breadstick / Marg. Choice of Milk	We invite you to join us for lunch at the Guernsey County Senior Center, the Byesville, Cambridge Heights, Cumberland, Londonderry or Pleasant City sites. Lunch is served at 11:30—1:00. If you have any questions about our nutrition services please call Hollia Husk, Nutrition Supervisor at 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of 2% or Skim Milk.		