July 2015 MENU

Douglas County Senior Center

PLEASE REMEMBER NOT TO TAKE HOME ANY OF YOUR LEFT OVERS EXCEPT A PIECE OF BREAD, WHOLE FRUIT OR NON PERISHABLE DESSERT.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Apple Cider Roasted Turkey w/ Gravy Bread Stuffing Whole Kernel Corn Colorful Salad Catalina Drsg. Whole Cranberry Sauce Pumpkin Pie	2 **RED WHITE & BLUE BBQ** Cheese Burger w/, Lettuce, Tomato, Red Onion Macaroni Salad Watermelon Blueberry Strawberry Shortcake	3 Independence Day Holiday Senior Center Closed
6 Taste Of The Town *Papa Murphy's* Pepperoni Pizza Spring Mix Salad w/Feta Cheese Fruit Punch Frosted Brownie	7 Beef Teriyaki Jasmine Rice Broccoli w/ Almonds Mixed Relish Tray WW Bread Fresh Banana	8 BIRTHDAY DAY Meatloaf with Gravy & Mash Potatoes French Style Green Bean Ambrosia Salad Dinner Roll ***Cake & Ice Cream***	9 Fried Chicken Black & Bleu Steak Salad Ranch Style Beans Corn Bread	10 Pork Chow Mein on Rice Chopped Spinach Salad w/ Balsamic Vinaigrette Dressing WW Bread W/Apple Butter Sliced Pineapple
13 Chicken Piccata w/Lemon, Capers & Artichoke Hearts Noodles w/White Sauce Caesar Salad Brussels Sprouts Coconut Cream Pie	14 Philly Steak Sandwich Baked Potato Chips 3 Bean Salad Orange Guava Juice Banana Pudding	15 Herb Baked Chicken Baked Potato w/ Sour Cream & Chives Herbed Veg. Medley Whole Wheat Bread w/ Butter Fresh Apple	16 Lasagna Chopped Spinach w/ Italian Garlic Bread Fresh Orange	17 Ham & Potato Casserole Italian Cabbage Salad Capri Blend Veggies Spiced Applesauce Cup Cherry Walnut Dessert
20 Shrimp Ceviche Tostadas Green Chile Refried Beans w/ Cotija Cheese Spanish Rice Black Bean & Corn Salad Mexican Flan	21 Macaroni & Cheese Steamed Spinach French Baked Potatoes WW Bread Strawberry Banana Yogurt Orange Juice	22 Deli Roast Beef Sandwich w/ Provolone Cheese Bowtie Pasta Salad Cantaloupe Jell-O with Whipped Topping	23 Egg Roll Fried Rice w/ Almonds Orange Spinach Salad Cranberry Apple Dessert	24 Grilled Chicken & Strawberry Salad Hard Boiled Egg Croissant Chocolate Éclair
27 Minestrone Soup Grilled Cheese Sandwich Sliced Tomato Chopped Romaine w/French Drsg. Fresh Kiwi	28 Salisbury Steak Italian Cabbage Salad Au Gratin Potato Green Peas Apricots & Cookie	29 Baked Rigatoni w/ Spinach, ricotta & Fontana Spinach Salad Tomato & Onion Focaccia Cheesecake	30 Cod w/Dill Sauce Three Pea Salad Harvest Blend Rice Asparagus Spears Lemon Bar	31 Southwest BBQ Chicken Burger W/ Baked Beans Carrot Sticks Orange Wedges