



SOUTH CARROLL SENIOR CENTER
July Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Pizza Fundraiser On July 8th</p>	<p>1</p> <p>Meatloaf w/Gravy Herb Roasted Potatoes Creamy Cucumber Salad Mandarin Oranges WG Wheat Bread</p> <p style="text-align: center; color: red;">Sign up due by 10:00am 6/26</p>	<p>2</p> <p>Roasted Pork Loin w/ Dijon Cream Sauce Okra & Tomatoes Garlic Mashed Potatoes Fruit Cocktail WG Wheat Bread</p> <p style="text-align: center; color: red;">Sign up due by 10:00am 6/27</p>	<p>3 4th JULY SPECIAL</p> <p>Cheeseburger <i>Lettuce, Tomato & Onion</i> Baked Beans Pepper Slaw Watermelon Apple Pie</p> <p style="text-align: center; color: red;">Sign up due by 10:00am 6/25</p>	<p>★ ★ ★</p> <p>CENTER CLOSED INDEPENDENCE DAY</p> <p>★ ★ ★</p>
<p>7</p> <p>Salisbury Steak w/ Mushroom Gravy Roasted Potatoes Seasoned Greens Amish Navy Bean Salad WG Wheat Bread</p> <p style="text-align: center; color: red;">Sign up due by 10:00am 7/1</p>	<p>8 Fundraiser</p> <p>Pizza Fundraiser 2 Slices of Cheese Pizza & Salad</p> <p style="font-size: small;">This lunch will cost \$5 or you can have a boxed lunch by donation. Sign up and pay with Brad from June 23rd to July 3rd. Proceeds go towards the Site Council.</p>	<p>9</p> <p>Cream of Broccoli Soup BBQ Chicken Sandwich WG Hamburger Roll Fresh Red Cabbage Slaw Fruited Yogurt</p> <p style="text-align: center; color: red;">Sign up due by 10:00am 7/3</p>	<p>10</p> <p>Pineapple Glazed Ham Au Gratin Potatoes Honey Maple Carrots Pineapple Tidbits WG Wheat Bread</p> <p style="text-align: center; color: red;">Sign up due by 10:00am 7/7</p>	<p>11</p> <p>Chicken Breast w/Creamy Artichoke Sauce Lemon Rice Pilaf Seasoned Green Beans Cinnamon Apple Slices WG Wheat Bread</p> <p style="text-align: center; color: red;">Sign up due by 10:00am 7/8</p>
<p>14 New Menu Item</p> <p>Lentil & Spinach Soup Tuna Salad Sandwich <i>Lettuce & Tomato</i> WG Wheat Bread Corn & Edamame Applesauce</p> <p style="text-align: center; color: red;">Sign up due by 10:00am 7/9</p>	<p>15</p> <p>Pot Roast of Beef Chasseur Roasted Potatoes Seasoned greens Mandarin oranges WG Wheat Bread</p> <p style="text-align: center; color: red;">Sign up due by 10:00am 7/10</p>	<p>16 New Menu Item</p> <p>Creamy Chicken Piccata WG Brown Rice Buttered Carrots Green Pea & Red Pepper Salad WG Wheat Bread</p> <p style="text-align: center; color: red;">Sign up due by 10:00am 7/11</p>	<p>17</p> <p>Pepperjack Cheeseburger WG Sandwich Roll <i>Lettuce & Tomato</i> Fresh Broccoli Slaw Tropical Fruit Fruited Yogurt</p> <p style="text-align: center; color: red;">Sign up due by 10:00am 7/14</p>	<p>18 New Menu Item</p> <p>Tomato Soup Tuna Noodle Casserole WG Wheat Bread Chickpea & Tomato Salad Hot Cinnamon Apples</p> <p style="text-align: center; color: red;">Sign up due by 10:00am 7/15</p>
<p>21</p> <p>Chicken Breast w/Ranch Cream Sauce Yellow Rice Pilaf Peas & Carrots Pineapple Tidbits WG Wheat Bread</p> <p style="text-align: center; color: red;">Sign up due by 10:00am 7/16</p>	<p>22</p> <p>Baked Potato Spinach Salad Chili Con Carne Applesauce WG Wheat Bread</p> <p style="text-align: center; color: red;">Sign up due by 10:00am 7/14</p>	<p>23 New Menu Item</p> <p>Turkey Florentine Lemon Rice Pilaf Zucchini & Tomato Cinnamon Applesauce Fruited Yogurt WG Wheat Bread</p> <p style="text-align: center; color: red;">Sign up due by 10:00am 7/18</p>	<p>24</p> <p>Split Pea Soup Chicken Caesar Salad WG Cornbread Loaf Hot Spiced Apples</p> <p style="text-align: center; color: red;">Sign up due by 10:00am 7/21</p>	<p>25 New Menu Item</p> <p>Roasted Pork Loin w/ Creamy Mushroom Sauce German Cucumber Salad Garlic Mashed Potatoes Sliced Apple Snack Pack WG Wheat Dinner Roll</p> <p style="text-align: center; color: red;">Sign up due by 10:00am 7/22</p>
<p>28 New Menu Item</p> <p>Chicken Divan WG Brown Rice Diced Peaches WG Wheat Bread</p> <p style="text-align: center; color: red;">Sign up due by 10:00am 7/23</p>	<p>29</p> <p>Sliced Corned Beef w/ Mustard Dill Sauce Mashed Potatoes Braised Red Cabbage Corn & Pea Salad Tropical Fruit WG Wheat Bread</p> <p style="text-align: center; color: red;">Sign up due by 10:00am 7/24</p>	<p>30 New Menu Item</p> <p>Indian Butter Chicken Bombay Brown Rice Kachumber Salad Mandarin Oranges WG Wheat Bread</p> <p style="text-align: center; color: red;">Sign up due by 10:00am 7/25</p>	<p>31 New Menu Item</p> <p>Mediterranean White Bean Soup Turkey & Ham Maccaroni Salad Plate Baby Spinach Bed w/ Tomatoes Pineapple Tidbits WG Wheat Bread</p> <p style="text-align: center; color: red;">Sign up due by 10:00am 7/28</p>	<p>Reservation Required</p> <p style="font-size: x-small;">To reserve a lunch fill out the colored lunch reservation book located in the hallway outside the dining room by the specified date. Cost of lunch for center members 60+ is a donation up to \$6.31 (full cost of meal). Per grant requirements, those under 60 must pay the full price of \$6.31. Spouses of adults over 60+, regardless of age, may give a donation if they accompany their spouse. If unaccompanied by their spouse, they must pay the full price of \$6.31.</p>