

COUNCIL ON AGING CONGREGATE PROGRAM ~ JULY- 2010 ~ SUNSHINE SENIOR CENTER 574-0060

<p align="center">JULY 2010</p>		<p align="center">MENU IS SUBJECT TO CHANGE WITHOUT NOTICE DB = DIABETIC</p>	<p align="center"><i>THURSDAY JULY 1</i></p> <p>STUFFED PEPPER w/TOMATO SAUCE & RICE MIXED GREENS YELLOW CORN WHOLE GRAIN WHEAT ROLL MARGARINE CUP BANANA PUDDING DB: FRUIT CUP LOW FAT MILK</p>	<p align="center"><i>FRIDAY JULY 2</i></p> <p>FRANKFURTER w/MUSTARD or KETCHUP BAKED BEANS w/TOMATO BITS CORN COLESLAW HOT DOG BUN STARS & STRIPES CAKE DB: CAKE LOW FAT MILK <i>INDEPENDENCE DAY CELEBRATION</i></p> 
<p align="center"><i>MONDAY JULY 5</i></p>	<p align="center"><i>TUESDAY JULY 6</i></p>	<p align="center"><i>WEDNESDAY JULY 7</i></p>	<p align="center"><i>THURSDAY JULY 8</i></p>	<p align="center"><i>FRIDAY JULY 9</i></p>
 <p align="center">INDEPENDENCE DAY HOLIDAY DINING SITES CLOSED</p>	<p>SLICED ROAST PORK w/PORK GRAVY MASHED POTATOES BLACK-EYED PEAS CORN MUFFIN MARGARINE CUP APPLESAUCE LOW FAT MILK</p>	<p>CHEESEBURGER BAKED BEANS CORN w/DICED TOMATO HAMBURGER BUN w/KETCHUP/ MUSTARD PEACHES DB: FRUIT CUP LOW FAT MILK</p>	<p>LEMON PEPPER CHICKEN LEGS BROCCOLI WARM APPLE COBBLER COLESLAW WHOLE WHEAT BREAD MARGARINE CUP LOW FAT MILK</p>	<p>SWEDISH MEATBALLS over NOODLES CARROTS GARDEN PEAS w/MUSHROOMS WHITE BREAD MARGARINE CUP FRESH FRUIT in SEASON LOW FAT MILK</p>
<p align="center"><i>MONDAY JULY 12</i></p>	<p align="center"><i>TUESDAY JULY 13</i></p>	<p align="center"><i>WEDNESDAY JULY 14</i></p>	<p align="center"><i>THURSDAY JULY 15</i></p>	<p align="center"><i>FRIDAY JULY 16</i></p>
<p>SOUTHWEST CHICKEN with BLACK BEANS & RICE GREEN BEANS CARROTS WHITE BREAD/MARGARINE CUP CHOCOLATE CHIP COOKIE DB: GRAHAM CRACKERS LOW FAT MILK</p>	<p>SLICED TURKEY BREAST w/TURKEY GRAVY MASHED POTATOES BEETS WHOLE WHEAT BREAD/MARGARINE CUP PEACHES LOW FAT MILK</p>	<p>FRANKFURTER BAKED BEANS MIXED VEGETABLES HOT DOG BUN/ MUSTARD PINEAPPLE CHUNKS LOW FAT MILK</p>	<p>FRESH CHICKEN BREAST CACCIATORE HERB MASHED POTATOES BROCCOLI CUTS TEXAS TOAST MARGARINE CUP FRESH FRUIT IN SEASON LOW FAT MILK</p>	<p>KRAB PASTA SALAD CUCUMBER TOMATO SALAD CARROT RAISIN SALAD CRACKERS MAYONNAISE FRESH FRUIT in SEASON LOW FAT MILK</p>
<p align="center"><i>MONDAY JULY 19</i></p>	<p align="center"><i>TUESDAY JULY 20</i></p>	<p align="center"><i>WEDNESDAY JULY 21</i></p>	<p align="center"><i>THURSDAY JULY 22</i></p>	<p align="center"><i>FRIDAY JULY 23</i></p>
<p>SLICED ROAST BEEF w/GRAVY MASHED POTATOES GREEN BEANS WHOLE WHEAT BREAD MARGARINE CUP FRESH FRUIT in SEASON LOW FAT MILK</p>	<p>FRESH CHICKEN BREAST FLORENTINE BROWN RICE CARROTS BRAN MUFFIN/ MARGARINE CUP MIXED FRUIT LOW FAT MILK</p>	<p>TURKEY DIVAN GARDEN PEAS SQUASH MEDLEY TOSSED SALAD w/DRESSING DINNER ROLL/ MARGARINE CUP OATMEAL RAISIN COOKIE DB: GRAHAM CRACKERS LOW FAT MILK</p>	<p>PORK RIBLET w/BROWN GRAVY PINTO BEANS SPINACH CORN MUFFIN MARGARINE CUP PEAR CUP LOW FAT MILK</p>	<p>CHOPPED SOUTHERN BBQ CHICKEN POTATOES AU GRATIN BABY BRUSSELS SPROUTS HAMBURGER BUN FRESH FRUIT in SEASON LOW FAT MILK</p>
<p align="center"><i>MONDAY JULY 26</i></p>	<p align="center"><i>TUESDAY JULY 27</i></p>	<p align="center"><i>WEDNESDAY JULY 28</i></p>	<p align="center"><i>THURSDAY JULY 29</i></p>	<p align="center"><i>FRIDAY JULY 30</i></p>
<p>SMOKED SAUSAGE w/MUSTARD PACKET CARROTS & CABBAGE LYONNAISE POTATOES WHOLE WHEAT BREAD MARGARINE CUP PEARS LOW FAT MILK</p>	<p>ITALIAN STYLE MEATBALLS w/SPAGHETTI in PARMESAN TOMATO SAUCE GARLIC SPINACH ITALIAN STYLE VEGETABLES TOSSED SALAD w/FRENCH DRESSING ITALIAN BREAD/MARGARINE CUP FRESH FRUIT in SEASON LOW FAT MILK</p>	<p>FRESH CHICKEN BREAST MARSALA RUTABAGA LIMA BEANS BLUEBERRY MUFFIN MARGARINE CUP LOW FAT MILK</p>  <p align="center"><i>HAPPY BIRTHDAY!</i></p>	<p>STUFFED PEPPER w/TOMATO SAUCE & RICE MIXED GREENS YELLOW CORN WHOLE GRAIN WHEAT ROLL MARGARINE CUP BANANA PUDDING DB: FRUIT CUP LOW FAT MILK</p>	<p>TUNA PASTA SALAD BEET and ONION SALAD PEA and CHEESE SALAD WHITE BREAD MAYONNAISE PKT. FRESH FRUIT in SEASON LOW FAT MILK</p>