

COUNCIL ON AGING CONGREGATE PROGRAM ~ JULY- 2010 ~ ORANGE CITY YOUNG AT HEARTS 774-0001

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