

**COUNCIL ON AGING CONGREGATE PROGRAM ~ JULY- 2010 ~ WINDSOR LEISURE CLUB 252-7384**

				THURSDAY JULY 1	FRIDAY JULY 2
<h1>JULY 2010</h1>		<p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE DB = DIABETIC</p>	<p>STUFFED PEPPER w/TOMATO SAUCE &amp; RICE MIXED GREENS YELLOW CORN WHOLE GRAIN WHEAT ROLL MARGARINE CUP BANANA PUDDING DB: FRUIT CUP LOW FAT MILK</p>	<p>FRANKFURTER w/MUSTARD or KETCHUP BAKED BEANS w/TOMATO BITS CORN COLESLAW HOT DOG BUN STARS &amp; STRIPES CAKE DB: CAKE LOW FAT MILK <i>INDEPENDENCE DAY CELEBRATION</i></p> 	
<i>MONDAY JULY 5</i>	<i>TUESDAY JULY 6</i>	<i>WEDNESDAY JULY 7</i>	<i>THURSDAY JULY 8</i>	<i>FRIDAY JULY 9</i>	
	<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>	
<i>MONDAY JULY 12</i>	<i>TUESDAY JULY 13</i>	<i>WEDNESDAY JULY 14</i>	<i>THURSDAY JULY 15</i>	<i>FRIDAY JULY 16</i>	
<p>SOUTHWEST CHICKEN with BLACK BEANS &amp; 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>	
<i>MONDAY JULY 19</i>	<i>TUESDAY JULY 20</i>	<i>WEDNESDAY JULY 21</i>	<i>THURSDAY JULY 22</i>	<i>FRIDAY JULY 23</i>	
<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>	
<i>MONDAY JULY 26</i>	<i>TUESDAY JULY 27</i>	<i>WEDNESDAY JULY 28</i>	<i>THURSDAY JULY 29</i>	<i>FRIDAY JULY 30</i>	
<p>SMOKED SAUSAGE w/MUSTARD PACKET CARROTS &amp; 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 &amp; 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>	