

2017

JULY MENU

SILVER AGE SENIOR CENTER

Located in the Community Center at 201 Wright Blvd.

Open Tuesday to Friday 10:00-2:00

Lunch Served from 11:30 a.m. to 12:30 p.m.

Monthly Third Thursday Dinner 5:00 to 7:00 p.m.

Fun Friday Games & Snacks are from after lunch until ???

Free Lunch for Seniors last Friday of the month.

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--------|--------|--|---|---|--|--|
| 1 | 26 | 27 | 28 | 29 | 30 | <p>Suggested Donations:</p> <p><u>Lunch</u> 12 & Under, 60+ \$3.00 Everybody else \$7.00</p> <p><u>Dinner</u> 12 & Under, 60+ \$6.00 Everybody Else \$10.00</p> <p>Additional meals to take home are the same price per meal.</p> <p>As a courtesy, please call Cindy at 680-3400 the day before if you plan to have a group of four or more attending.</p> <p>Come on down & sit a spell!!!</p> |
| 2 | 3 | 4 | 5 | 6 | 7 | |
| CLOSED | CLOSED | CLOSED HAPPY 4TH OF JULY | Taco salad, Mexican rice, refried beans, cottage cheese | Chicken Alfredo, peas, salad, garlic bread | Goulash, peaches, salad, roll | |
| 9 | 10 | 11 | 12 | 13 | 14 | |
| CLOSED | CLOSED | Sloppy Joes, corn, chips | Chicken enchiladas w/corn tortillas, refried beans, frozen berries, salad | Hamburger steak, mashed potatoes, gravy, steamed broccoli, salad, rolls | Breaded ranch chicken, steamed carrots, salad | |
| 16 | 17 | 18 | 19 | 20 | 21 | |
| CLOSED | CLOSED | Parmesan Tilapia, rice pilaf, coleslaw, tropical fruit | Chicken salad on a roll, coleslaw, peaches, chips | *DINNER* Roast pork, roasted potatoes, squash, applesauce, salad | Chef Salad, cottage cheese, fruit cocktail | |
| 23 | 24 | 25 | 26 | 27 | 28 | |
| CLOSED | CLOSED | Meatloaf, roasted potatoes, green beans, salad | Sweet & sour meatballs, broccoli & cauliflower, peaches | Shepherd's pie, salad, fruit, rolls | FREE & FUN Beef & black bean tacos, Mexican corn salad, Mexican rice, Jello | |
| 30 | 31 | <p>WE DELIVER</p> <p>If you are a homebound senior, call Cindy at 680-3400</p> <p>We may occasionally make unannounced changes to our menu. We will only do this if it is absolutely necessary.</p> | | | | |