

# Center 50+ Dining Room July 2018

Lunches purchased with the ticket program are not to be taken to go—the funding program requires they be eaten in-house. Talk with Julia or Mel (upstairs in the MOW office\_ if you have any questions.

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 2nd—6th	Coleslaw BBQ Chicken Baked Beans Broccoli Biscuit Fruit Salad	Spring Greens Chicken Salad Baby Carrots Grape Tomatoes Sliced Cucumber Dinner Roll Pears		Caesar Salad Spaghetti W/ Meat Sauce Italian Veg Rosemary Bread Pudding	Peas & Cheese Baked Fish or Chicken Tater Tots Brussel Sprouts Dinner Roll Jell-O
<b>Week 2</b> 9th—13th	Three Bean Salad Chicken Casserole Green Beans Sourdough Bread Pears	House Salad Salisbury Steak Mashed Potatoes Peas & Carrots Dinner Roll Brownie	Beet Salad Swedish Meatballs Egg Noodles Brussel Sprouts Dinner Roll Apple Berry Crisp	House Salad Herb Roasted Chicken Brown Rice Broccoli Dinner Roll Fruit Salad	Caesar Salad Lasagna Italian Veg Rosemary Bread Grapes
<b>Week 3</b> 16th—20th	Spring Greens Chicken Salad Baby Carrots Grape Tomatoes Sliced Cucumber Dinner Roll	Mexi- Slaw Chicken Enchiladas Broccoli Chips & Salsa Pudding	Carrot Raisin Salad Beef Stroganoff Green Beans Dinner Roll Spice Cake	Potato Salad BBQ Chicken Baked Beans Peas & Carrots Biscuit Watermelon	Coleslaw Baked Fish or Chicken Red Potatoes Mixed Veg Dinner Roll Jell-O
<b>Week 4</b> 23rd—27th	Confetti Salad Cheese Ravioli Italian Veg Rosemary Bread Pudding	Peas & Cheese Sloppy Joes Tater Tots Green Beans Hamburger Bun Peach Cobbler	House Salad Herb Roasted Chicken Brown Rice Brussel Sprouts Dinner Roll & Grapes	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie	Beet Salad Tuna or Chicken Casse- role Broccoli Dinner Roll Fruit Salad
<b>Week 5</b> 30th-31st	Spring Greens Chicken Salad Baby Carrots Grape Tomatoes Sliced Cucumber Dinner Roll	House Salad Salisbury Steak Mashed Potatoes Peas & Carrots Dinner Roll Brownie			



Meals on Wheels Office 503-364-2856