



SOUTH CARROLL SENIOR CENTER

July Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Pizza Fundraiser On July 8th	1 Meatloaf w/Gravy Herb Roasted Potatoes Creamy Cucumber Salad Mandarin Oranges WG Wheat Bread Sign up due by 10:00am 6/26	2 Roasted Pork Loin w/ Dijon Cream Sauce Okra & Tomatoes Garlic Mashed Potatoes Fruit Cocktail WG Wheat Bread Sign up due by 10:00am 6/27	3 4th JULY SPECIAL Cheeseburger <i>Lettuce, Tomato & Onion</i> Baked Beans Pepper Slaw Watermelon Apple Pie Sign up due by 10:00am 6/25	<div>  </div> CENTER CLOSED INDEPENDENCE DAY <div>  </div>
7 Salisbury Steak w/ Mushroom Gravy Roasted Potatoes Seasoned Greens Amish Navy Bean Salad WG Wheat Bread Sign up due by 10:00am 7/1	8 Fundraiser Pizza Fundraiser 2 Slices of Cheese Pizza & Salad <small>This lunch will cost \$5 or you can have a boxed lunch by donation. Sign up and pay with Brad from June 23rd to July 3rd. Proceeds go towards the Site Council.</small>	9 Cream of Broccoli Soup BBQ Chicken Sandwich WG Hamburger Roll Fresh Red Cabbage Slaw Fruited Yogurt Sign up due by 10:00am 7/3	10 Pineapple Glazed Ham Au Gratin Potatoes Honey Maple Carrots Pineapple Tidbits WG Wheat Bread Sign up due by 10:00am 7/7	11 Chicken Breast w/Creamy Artichoke Sauce Lemon Rice Pilaf Seasoned Green Beans Cinnamon Apple Slices WG Wheat Bread Sign up due by 10:00am 7/8
14 New Menu Item Lentil & Spinach Soup Tuna Salad Sandwich <i>Lettuce & Tomato</i> WG Wheat Bread Corn & Edamame Applesauce Sign up due by 10:00am 7/9	15 Pot Roast of Beef Chasseur Roasted Potatoes Seasoned greens Mandarin oranges WG Wheat Bread Sign up due by 10:00am 7/10	16 New Menu Item Creamy Chicken Piccata WG Brown Rice Buttered Carrots Green Pea & Red Pepper Salad WG Wheat Bread Sign up due by 10:00am 7/11	17 Pepperjack Cheeseburger WG Sandwich Roll <i>Lettuce & Tomato</i> Fresh Broccoli Slaw Tropical Fruit Fruited Yogurt Sign up due by 10:00am 7/14	18 New Menu Item Tomato Soup Tuna Noodle Casserole WG Wheat Bread Chickpea & Tomato Salad Hot Cinnamon Apples Sign up due by 10:00am 7/15
21 Chicken Breast w/Ranch Cream Sauce Yellow Rice Pilaf Peas & Carrots Pineapple Tidbits WG Wheat Bread Sign up due by 10:00am 7/16	22 Baked Potato Spinach Salad Chili Con Carne Applesauce WG Wheat Bread Sign up due by 10:00am 7/14	23 New Menu Item Turkey Florentine Lemon Rice Pilaf Zucchini & Tomato Cinnamon Applesauce Fruited Yogurt WG Wheat Bread Sign up due by 10:00am 7/18	24 Split Pea Soup Chicken Caesar Salad WG Cornbread Loaf Hot Spiced Apples Sign up due by 10:00am 7/21	25 New Menu Item Roasted Pork Loin w/ Creamy Mushroom Sauce German Cucumber Salad Garlic Mashed Potatoes Sliced Apple Snack Pack WG Wheat Dinner Roll Sign up due by 10:00am 7/22
28 New Menu Item Chicken Divan WG Brown Rice Diced Peaches WG Wheat Bread Sign up due by 10:00am 7/23	29 Sliced Corned Beef w/ Mustard Dill Sauce Mashed Potatoes Braised Red Cabbage Corn & Pea Salad Tropical Fruit WG Wheat Bread Sign up due by 10:00am 7/24	30 New Menu Item Indian Butter Chicken Bombay Brown Rice Kachumber Salad Mandarin Oranges WG Wheat Bread Sign up due by 10:00am 7/25	31 New Menu Item Mediterranean White Bean Soup Turkey & Ham Maccaroni Salad Plate Baby Spinach Bed w/ Tomatoes Pineapple Tidbits WG Wheat Bread Sign up due by 10:00am 7/28	Reservation Required <small>To reserve a lunch fill out the colored lunch reservation book located in the hallway outside the dining room by the specified date. Cost of lunch for center members 60+ is a donation up to \$6.31 (full cost of meal). Per grant requirements, those under 60 must pay the full price of \$6.31. Spouses of adults over 60+, regardless of age, may give a donation if they accompany their spouse. If unaccompanied by their spouse, they must pay the full price of \$6.31.</small>