



SOUTH CARROLL SENIOR CENTER July Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Ground Beef Stroganoff WG Butter Noodles WG Wheat Bread Creamy Cucumber Salad Mandarin Oranges</p> <p style="text-align: right; color: red;">Sign up due by 10:00am 6/26</p>	<p>2</p> <p>Roast Pork Loin w/Sweet Onion Gravy Peas & Mushrooms Garlic Mashed Potatoes WG Wheat Bread Fruit Cocktail</p> <p style="text-align: right; color: red;">Sign up due by 10:00am 6/27</p>	<p>3 4th JULY SPECIAL</p> <p>Hamburger Sliced Cheese Sandwich Roll Lettuce, Tomato & Sliced Onion Baked Beans Pepper Slaw Watermelon Apple Pie</p> <p style="text-align: right; color: red;">Sign up due by 10:00am 6/25</p>	<p>4</p> <p>★ ★ ★</p> <p style="font-size: 2em; font-weight: bold; color: red;">CENTER CLOSED</p> <p style="font-size: 1.5em; font-weight: bold; color: blue;">INDEPENDENCE DAY</p> <p>★ ★ ★</p>	<p>5</p> <p style="font-size: 2em; font-weight: bold; color: red;">CENTER CLOSED</p>
<p>8</p> <p>Salisbury Steak w/Gravy Roasted Potatoes Harvard Beets Amish Navy Bean Salad WG Wheat Bread</p> <p style="text-align: right; color: red;">Sign up due by 10:00am 7/1</p>	<p>9</p> <p>Cream of Broccoli Soup BBQ Chicken Sandwich WG Hamburger Roll Fresh Red Cabbage Slaw Apricot Halves</p> <p style="text-align: right; color: red;">Sign up due by 10:00am 7/2</p>	<p>10</p> <p>Maple-Peach Glazed Ham Au Gratin Potatoes Braise Cabbage Pineapple Tidbits WG Wheat Bread</p> <p style="text-align: right; color: red;">Sign up due by 10:00am 7/3</p>	<p>11 SUB</p> <p>Italian Cold Cut Provolone Cheese Lettuce/Tomato/Onion Italian Dressing Club Roll Potato Salad Cole Slaw Fruit Cocktail</p> <p style="text-align: right; color: red;">Sign up due by 10:00am 7/1</p>	<p>12</p> <p>Turkey Burger w/Cheese Lettuce & Tomato Cucumber & Onion Salad Baked Beans WG Sandwich Roll</p> <p style="text-align: right; color: red;">Sign up due by 10:00am 7/9</p>
<p>15</p> <p>Pot Roast Of Beef w/Burgundy Gravy Roasted Potatoes Seasoned Greens WG Wheat Bread Mandarin Oranges</p> <p style="text-align: right; color: red;">Sign up due by 10:00am 7/10</p>	<p>16</p> <p>Chicken Cacciatore WG Brown Rice Buttered Carrots WG Wheat Bread Green Pea & Red Pepper Salad</p> <p style="text-align: right; color: red;">Sign up due by 10:00am 7/11</p>	<p>17 SPECIAL</p> <p>Stuffed Green Peppers (Peppers Stuffed w/Beef, Rice & Tomato w/Marinara Sauce) Diced Beets Crumb Cake WG Wheat Bread</p> <p style="text-align: right; color: red;">Sign up due by 10:00am 7/9</p>	<p>18 SPECIAL</p> <p>Quinoa Black Bean Burger (Lettuce, Tomato & Onion) WG Hamburger Roll Pickled Beets Baked Beans Diced Pears Apple Cinnamon Loaf Soy Milk</p> <p style="text-align: right; color: red;">Sign up due by 10:00am 7/10</p>	<p>19</p> <p>Creamy Ranch Chicken Breast Yellow Rice Pilaf Peas & Carrot Moroccan Beet Salad WG Wheat Bread</p> <p style="text-align: right; color: red;">Sign up due by 10:00am 7/16</p>
<p>22 SUB</p> <p>Meatball Sub WG Wheat Italian Roll Seasoned Green Beans Mandarin Oranges</p> <p style="text-align: right; color: red;">Sign up due by 10:00am 7/17</p>	<p>23 SPECIAL</p> <p>Baked Pork Chop w/ Marsala Sauce Mashed Potatoes Peas & Pearl Onions Chilled Mandarin Oranges Cherry Crisp WG Wheat Bread</p> <p style="text-align: right; color: red;">Sign up due by 10:00am 7/15</p>	<p>24</p> <p>Split Pea Soup Chicken Salad Sandwich Lettuce/Tomato WG Sandwich Roll Fresh Cole Slaw Tropical Fruit Fruited Yogurt</p> <p style="text-align: right; color: red;">Sign up due by 10:00am 7/19</p>	<p>25</p> <p>Roasted Pork Loin w/Gravy German Cucumber Salad Seasoned Kale Garlic Mashed Potatoes WG Wheat Dinner Roll Sliced Apples Snack Pack</p> <p style="text-align: right; color: red;">Sign up due by 10:00am 7/22</p>	<p>26</p> <p>Chicken Fajitas Sour Cream WG Tortilla Mexican Rice Diced Peaches</p> <p style="text-align: right; color: red;">Sign up due by 10:00am 7/23</p>
<p>29</p> <p>Sliced Corn Beef Mashed Potatoes Braised Red Cabbage Corn & Pea Salad Tropical Fruit WG Wheat Bread</p> <p style="text-align: right; color: red;">Sign up due by 10:00am 7/24</p>	<p>30</p> <p>WG Pasta Bake Greek Cucumber/Tomato Salad WG Wheat Bread</p> <p style="text-align: right; color: red;">Sign up due by 10:00am 7/25</p>	<p>31</p> <p>Multi Bean Soup Curried Chicken Salad Baby Spinach Grape Tomatoes WG Wheat Bread Mandarin Oranges</p> <p style="text-align: right; color: red;">Sign up due by 10:00am 7/26</p>	<p style="font-weight: bold; color: red;">Reservation Required by posted sign up date.</p> <p><i>To reserve a lunch fill out a menu with your name and clearly mark the lunches you want. Turn the menu in at the front desk.</i></p> <p>Cost of lunch for center members 60+ is a donation up to \$6.09 (full cost of meal). Per grant requirements, those under 60 must pay the full price of \$6.09. 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 \$6.09.</p>	