

# July, 2015



Name \_\_\_\_\_



Wednesday, 7/1	Thursday, 7/2	Friday, 7/3
<input type="checkbox"/> <b>Breaded Fish</b> Cheese Grits Pineapple Slaw Apple Cobbler/Bread Milk/Tartar Sauce <b>Diet - Sliced Apples</b>	<input type="checkbox"/> <b>Smoked Sausage</b> Hawaiian Baked Beans Potato Wedges Watermelon/Bun Choc Milk/Mustard/Catsu <b>Diet Same</b>	

Monday, 7/6	Tuesday, 7/7	Wednesday, 7/8	Thursday, 7/9	Friday, 7/10
<input type="checkbox"/> <b>Beef/Pepper/Onions</b> Whipped Potatoes Baby Glazed Carrots Oatmeal Cookie Milk/Margarine/Roll <b>Diet - Shortbread</b>	<input type="checkbox"/> <b>Grilled Chicken</b> Tater Gems Green Beans/Fruit Lettuce/Tomato/Onion Bun/Mayo/Choc Milk <b>Diet Same</b>	<input type="checkbox"/> <b>Sausage/Onion/Pepper</b> Ranch Beans Cabbage/Bun Raspberry Gelatin Milk/Mustard/Catsup <b>Diet - Gelatin</b>	<input type="checkbox"/> <b>Beef Spaghetti Casserole</b> Green Peas Squash/Zucchini Salad/Bread/Fruit Milk/Margarine/Ranch <b>Diet Same</b>	<input type="checkbox"/> <b>Tuna Mac Salad</b> Cole Slaw Diced Peaches Choc Chip Cookie Milk/Crackers <b>Diet - Choc Crm Cookie</b>

Monday, 7/13	Tuesday, 7/14	Wednesday, 7/15	Thursday, 7/16	Friday, 7/17
<input type="checkbox"/> <b>Beef Frito Pie</b> Fiesta Rice Green Beans Fruit/Corn Chips Milk/Margarine <b>Diet Same</b>	<input type="checkbox"/> <b>Savory Chicken</b> Whole Kernel Corn Rutabagas/Roll Choc Chip Cookie Milk/Margarine <b>Diet - Choc Crm Cookie</b> <input type="checkbox"/> <b>Turkey Pot Roast</b>	<input type="checkbox"/> <b>Chicken Supreme</b> Field Peas Collard Greens/Vinegar Fluffy Fruit Salad/Roll Milk/Margarine <b>Diet - Mixed Fruit</b>	<input type="checkbox"/> <b>Hamburger Patty</b> Tater Gems Ranch Beans Fruit Choc Milk/Cats/Must <b>Diet Same</b> <input type="checkbox"/> <b>BBQ Chicken Patty</b>	<input type="checkbox"/> <b>Fajita Chicken</b> Mexican Rice Pinto Beans Fruit/Lettuce/Tomato Milk/Taco Sauce/Tortilla <b>Diet - Choc Crm Cookie</b> <input type="checkbox"/> <b>Beef Fingers</b>
Monday, 7/20	Tuesday, 7/21	Wednesday, 7/22	Thursday, 7/23	Friday, 7/24
<input type="checkbox"/> <b>Sausage Patty (2)</b> Hashbrown Casserole Hot Spiced Apples Orange Juice/Biscuit Milk/Margarine/Jelly <b>Diet Same</b> <input type="checkbox"/> <b>Pepper Beef Steak</b>	<input type="checkbox"/> <b>Meatloaf/Gravy</b> Whipped Potatoes Beets/Fruit/Bread Lemon Cake Milk/Margarine <b>Diet - Pound Cake</b> <input type="checkbox"/> <b>Lemon Pepper Chicken</b>	<input type="checkbox"/> <b>BBQ Pork</b> Baked Pinto Beans Cole Slaw/Bun Peach Cobbler Chocolate Milk <b>Diet - Peaches</b> <input type="checkbox"/> <b>Sloppy Joe</b>	<input type="checkbox"/> <b>Macaroni &amp; Cheese</b> Blackeye Peas/Cornbread Turnip Greens/Vinegar Orange Gelatin Milk/Margarine <b>Diet - Gelatin</b>	<input type="checkbox"/> <b>California Chicken Salad</b> Pasta Salad Three Bean Salad Fruit/Crackers Milk <b>Diet Same</b> <input type="checkbox"/> <b>Pepper Beef Steak</b>
Monday, 7/27	Tuesday, 7/28	Wednesday, 7/29	Thursday, 7/30	Friday, 7/31
<input type="checkbox"/> <b>Mozzarella Chicken</b> Corn O'Brien Green Beans Texas Bread Milk/Margarine <b>Diet Same</b> <input type="checkbox"/> <b>Salisbury Steak</b>	<input type="checkbox"/> <b>Meatballs w/Gravy</b> Buttered Rice Brussel Sprouts/Bread Cherry Gelatin Milk/Margarine <b>Diet - Gelatin</b> <input type="checkbox"/> <b>Teriyaki Chicken</b>	<input type="checkbox"/> <b>Breaded Fish</b> Cheese Grits Pineapple Slaw Apple Cobbler/Bread Milk/Tartar Sauce <b>Diet - Sliced Apples</b> <input type="checkbox"/> <b>Italian Ranch Chicken</b>	<input type="checkbox"/> <b>Oven Fried Chicken</b> Mashed Spiced Yams Mixed Greens/Vinegar Peaches/Pears Cornbread/Milk/Margarine <b>Diet Same</b> <input type="checkbox"/> <b>Glazed Turkey Ham</b>	<input type="checkbox"/> <b>Hamburger Patty</b> Tater Gems/Bun BBQ Baked Beans Lettuce/Tomato/Onion Fruit/Choc Milk/Cats/Mus <b>Diet Same</b> <input type="checkbox"/> <b>BBQ Rib Patty</b>

**Lumpkin County Senior Center**  
**266 Mechanicsville Rd (706)864-2358**

