


Like a lunch? Call the Senior Center 307-348-7387 by the morning of the meal. **Thank you!**

<div><div>JULY</div><div>2021</div><div></div></div>	<div>Happy Birthday!</div> <div>Russ McClain 10</div> <div>Tom Toth 28</div>				<div>THURSDAY 1</div> <div>Chicken Strips</div> <div>French Fries</div> <div>Three Bean Salad</div> <div>Wheat Bread</div> <div>Pears</div> <div>Milk</div>	<div>FRIDAY 2</div> <div>Sweet/Sour Pork</div> <div>Steamed Rice</div> <div>Oriental Vegetable</div> <div>Egg Roll</div> <div>Citrus Fruit</div> <div>Milk</div>	<div>Good Luck</div> <div>Dale</div> <div>On your journey</div> <div>in Arizona.</div> <div>You will be</div> <div>missed!</div> <div>Sunshine &</div> <div>Golf</div> <div>All Year</div> <div>Round!!!</div> <div>Thank you for</div> <div>being our Board</div> <div>Member!</div> <div>We all</div> <div>appreciate it!</div>
<div><div>Recommended</div><div>Serving Sizes</div><div>3 oz. meat</div><div>½ cup of vegetables</div><div>½ cup of fruit</div><div>2 servings of bread</div><div>or complex</div><div>carbohydrate</div><div>1 cup of 1% milk</div></div>	<div>MONDAY 5</div> <div></div> <div>4th of July</div> <div>Holiday</div>	<div>TUESDAY 6</div> <div>Baked Pork Chop</div> <div>Rice Pilaf</div> <div>Broccoli</div> <div>Wheat Bread</div> <div>Pineapple Whip</div> <div>Milk</div>	<div>WEDNESDAY 7</div> <div>Roast Beef</div> <div>Mash. Pot./gravy</div> <div>Green Beans</div> <div>Wheat Roll</div> <div>Mandarin Oranges</div> <div>Milk</div>	<div>THURSDAY 8</div> <div>Turkey/Pasta Salad</div> <div>on Lettuce leaf</div> <div>Pickled Beets</div> <div>½ Banana</div> <div>Crackers</div> <div>Milk</div> <div>Picnic in the Park!</div>	<div>FRIDAY 9</div> <div>Cheeseburger</div> <div>Lettuce, tomato, onion</div> <div>Tater Tots</div> <div>Cauliflower</div> <div>Strawberries</div> <div>Milk</div>		
<div>Weather</div> <div>Permitting</div> <div>We will be having</div> <div>Picnic in the</div> <div>Park,</div> <div>July 8 & 22</div> <div>If you'd like to</div> <div>attend, please</div> <div>call to reserve a</div> <div>lunch.</div> <div>Lunch will be</div> <div>served at 12:00</div>	<div>MONDAY 12</div> <div>Salisbury Steak</div> <div>Baked Potato</div> <div>Spinach</div> <div>Wheat Bread</div> <div>Apricots</div> <div>Milk</div>	<div>TUESDAY 13</div> <div>Chicken Supreme</div> <div>Rice</div> <div>Carrots</div> <div>Wheat Roll</div> <div>Pears</div> <div>Milk</div>	<div>WEDNESDAY 14</div> <div>Spaghetti/meat</div> <div>sauce</div> <div>Tossed Salad</div> <div>Garlic Bread</div> <div>Pineapple Tidbits</div> <div>Milk</div>	<div>THURSDAY 15</div> <div>Baked Ham</div> <div>Sweet Potatoes</div> <div>Cauliflower</div> <div>Wheat Roll</div> <div>Fruit Cocktail</div> <div>Milk</div>	<div>FRIDAY 16</div> <div>Hot Turkey Sand.</div> <div>Mash. Pot./gravy</div> <div>Mixed Vegetables</div> <div>Melon Cup</div> <div>Chocolate Cake</div> <div>Milk</div>		
	<div>MONDAY 19</div> <div>Taco Salad</div> <div>Lettuce, tomato,</div> <div>cheese, onion, chips</div> <div>Refried Beans</div> <div>Corn</div> <div>Peaches</div> <div>Milk</div>	<div>TUESDAY 20</div> <div>Pork Roast</div> <div>Au Gratin Potato</div> <div>Broccoli</div> <div>Wheat Roll</div> <div>Country Apple</div> <div>Dessert</div> <div>Milk</div>	<div>WEDNESDAY 21</div> <div>Chicken Fried Steak</div> <div>Mash. Pot./gravy</div> <div>Asparagus</div> <div>Wheat Bread</div> <div>Mandarin Oranges</div> <div>Milk</div>	<div>THURSDAY 22</div> <div>BBQ Chicken</div> <div>Cole Slaw</div> <div>Baked Beans</div> <div>Wheat Roll</div> <div>Watermelon</div> <div>Milk</div> <div>Picnic in the Park!</div>	<div>FRIDAY 23</div> <div>Meatloaf</div> <div>O'Brien Potatoes</div> <div>Spinach</div> <div>Wheat Roll</div> <div>Applesauce</div> <div>Milk</div>		
	<div>MONDAY 26</div> <div>Swedish Meatballs</div> <div>Noodles</div> <div>Zucchini</div> <div>Wheat Roll</div> <div>Cherries</div> <div>Milk</div>	<div>TUESDAY 27</div> <div>Cheese Pizza</div> <div>w/meat & veggies</div> <div>Tossed Salad</div> <div>½ Orange</div> <div>Brownie</div> <div>Milk</div>	<div>WEDNESDAY 28</div> <div>Bean Burrito</div> <div>Green chili w/Pork</div> <div>&potatoes</div> <div>Tossed Salad</div> <div>Apricots</div> <div>Milk</div> <div>Happy Birthday</div> <div>Tom Toth!</div>	<div>THURSDAY 29</div> <div>Egg Salad</div> <div>Sandwich</div> <div>Vegetable Soup</div> <div>Pickle spear</div> <div>Purple Plums</div> <div>Milk</div>	<div>FRIDAY 30</div> <div>Baked Fish</div> <div>Wild Rice Blend</div> <div>Brussels Sprouts</div> <div>Wheat Bread</div> <div>Fruited Jell-O</div> <div>Whipped Topping</div> <div>Milk</div>		