

CW Resources Senior Community Café

MENU ITEMS
SUBJECT TO CHANGE

1% or Skim milk provided
Margarine available

July Menu 2018



SUGGESTED DONATION \$3.00

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|-----------|
| <p>2</p> <p>Roast Turkey with Turkey Gravy Stuffing Spinach Cranberry Sauce</p> <p>Dinner Roll</p> <p>Fresh Plum</p> | <p>3</p> <p>Apple Juice Cheeseburger Lettuce and Tomato LS Baked Beans Corn on the Cob</p> <p>Hamburger Roll</p> <p>Italian Ice</p> | <p>4</p> <p>Happy Fourth of July!</p> | <p>5</p> <p>Grape Juice Crab Cakes French Fries Broccoli</p> <p>Happy Birthday</p> <p>Oatmeal Bread</p> <p>Birthday Cake</p> | <p>6</p> |
| <p>9</p> <p>Chicken Salad with Celery Pasta Salad with Broccoli, Red Peppers, White Beans, Black Olives and Carrots Club Roll</p> <p>Pineapple Chunks</p> | <p>10</p> <p>Grape Juice Eggplant Rolatini Marinara Sauce Ziti Green Beans</p> <p>12 Grain Bread</p> <p>Brownie</p> | <p>11</p> <p>Asian Chicken Salad with Chicken Strips, Mandarin Oranges, Sesame Seeds and Cucumbers</p> <p>Breadstick</p> <p>Grapes</p> | <p>12</p> <p>Salisbury Steak LS Gravy Mashed Potato Carrots</p> <p>Oat Bread</p> <p>Fruit Cocktail</p> | <p>13</p> |
| <p>16</p> <p>Grape Juice Pier 17 Fish Mashed Potato Scandinavian Veggies Tartar Sauce</p> <p>12 Grain Bread</p> <p>Chocolate Chip Cookies</p> | <p>17</p> <p>N.E. Clam Chowder Unsalted Crackers Tuna Salad, Cottage Cheese, 4 Bean Salad Lettuce Bed</p> <p>Corn Muffin</p> <p>Peaches</p> | <p>18</p> <p>Asian Beef Strips with Ginger Sauce Brown Rice Oriental Blend Veggies Garden Salad Italian Dressing Pumpernickel Bread</p> <p>Pineapple Chunks</p> | <p>19</p> <p>Grape Juice Grilled Orange Chicken Orange Sauce Sesame Noodles Winter Blend Veggies</p> <p>100% Whole Wheat Bread</p> <p>Tropical Fruit Cup</p> | <p>20</p> |
| <p>23</p> <p>Eye of the Round Horseradish Sauce Mashed Potato Beets</p> <p>12 Grain Bread</p> <p>Pineapple Chunks</p> | <p>24</p> <p>Apple Juice Pork Riblet BBQ Sauce <i>Corn with Black Beans Cole Slaw</i></p> <p>Corn Muffin Vanilla Chocolate Ice Cream Cup</p> | <p>25</p> <p>Baked Fish Tartar Sauce Buttered Rice with Peas and Mushrooms Corn on the Cob</p> <p>Rye Bread</p> <p>Banana</p> | <p>26</p> <p>Cranberry Juice Philly Cheese Steak Onions and Peppers Tri-Color Pasta Salad CarrotSlaw</p> <p>Sub Roll</p> <p>Peaches</p> | <p>27</p> |
| <p>30</p> <p>Potato Leek Soup Unsalted Crackers LS Italian Sausage (mild) Onions and Peppers Pasta Spinach Salad</p> <p>Club Roll</p> <p>Fruit Cocktail</p> | <p>31</p> <p>Cranberry Juice Meatloaf with Onion Gravy Mashed Potato Peas and Carrots</p> <p>Multi Grain Bread</p> <p>Fresh Pear</p> | | | |