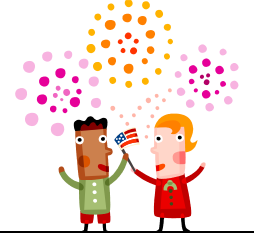




STEIN SENIOR CENTER JULY 2014 MENU

LUNCH SERVED FROM 11:30am TO 12:30pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 30 Orange Juice Stuffed Cabbage w/Beef Whole Wheat Bread Baby Carrots w/Parsley Apple	1 Rosemary Chicken Bowtie Noodles Whole Wheat Bread Baby Spinach Salad Orange	2 Pineapple Juice Beef & Vegetable Stew Brown Rice Whole Wheat Bread Cut Green Beans Banana	3 Orange Pineapple Juice Baked Tilapia Mashed Potatoes Whole Wheat Bread Broccoli w/Red Peppers Apple	4 Closed for 4th of July Holiday 
7 Turkey meatloaf Whole wheat bread Broccoli w/Red Peppers Garden Salad Banana	8 Honey Mustard Chicken Cutlet Pasta Whole Wheat Bread Collard Greens w/Tomato Canned Apricots	9 Pineapple Juice Salisbury Steak w/Mushroom Gravy Brown Rice Whole Wheat Bread Zucchini w/Onions & Peppers Apple	10 Pasta Primavera w/Cheese Garden Salad Whole Wheat Bread Italian Blend Vegetables Orange	11 Salmon in Garlic Butter Egg Noodles Whole Wheat Bread Kale w/Tomato Fruit Cocktail
14 Orange Juice Eggplant Parmesan Wheat Spaghetti Whole Wheat Bread Garden Salad Apple	15 Orange Pineapple Juice Chicken Cutlet Brown Rice Whole Wheat Bread Broccoli w/Red Peppers Banana	16 Apple Juice Turkey Meatloaf Egg Noodles Whole Wheat Bread California Blend Vegetables Pineapple in Juice	17 Orange Pineapple Juice Baked Chicken Legs Whole Wheat Bread Cauliflower w/Carrots Kiwi	18 Baked Salmon Yellow Rice Whole Wheat Bread Steamed Vegetables Orange
21 Orange Juice Stuffed Shells w/Cheese Whole Wheat Bread Garden Salad Canned Apricots	22 Pepper Steak w/Onions Brown Rice Whole Wheat Bread Mixed Vegetables Fruit Cocktail	23 Orange Pineapple Juice BBQ Pork Chop Fettuccini w/Sauce Whole Wheat Bread Cauliflower w/Carrots Cantaloupe	24 Pineapple Juice Chicken Salad Pasta Salad Whole Wheat Bread Cucumber Tomato Salad Banana	25 Apple Juice BBQ Chicken Brown Rice Whole Wheat Bread Collard Greens w/Tomato Orange
28 Eggplant Parmesan Pasta Whole Wheat Bread California Blend Vegetables Banana	29 Apple Juice Salisbury Steak White Rice Whole Wheat Bread Collard Greens w/Tomato Fruit Cocktail	30 Vegetable Soup Tuna Fish Salad Pasta Salad Whole Wheat Bread Garden Salad Orange	31 Pineapple Juice Grilled Chicken Mashed Potatoes Whole Wheat Bread Broccoli w/Red Peppers Canned Apricots	August 1 Orange Pineapple Juice Baked Tilapia Egg Noodles Whole Wheat Bread Baby Carrots Apple

Suggested Donation \$2.00 for those 60+

Guests under 60 - \$4.75

Partially funded by the Department for the Aging