



Senior Nutrition Program

July 2009

Mon	Tue	Wed	Thu	Fri
		1 Garden Lentil Soup Green Salad Egg Salad Sandwich Tropical Fruit	2 4th of July Party BBQ Chicken Baked Beans Claremont Salad	3 Closed For 4th of July
6 Sweet & Sour Chicken with Rice Oriental Vegetables Mango Fruit Salad	7 Baked Ham w/ Pineapple Scalloped Potatoes Green Beans, Roll	8 Beef Barley Soup Roast Beef Sandwich Fruit Cobbler	9 Tuna Melt Tossed Salad Mixed Melons	10 Chicken Cacciatore with Pasta Italian Green Beans Bread stick, Fruit
13 Lemon Pepper Fish Roasted Potatoes Coleslaw, Roll Pudding	14 Hot Turkey Sandwich w/ Gravy Vegetable Blend Waldorf Salad	15 Ivars Clam Chowder Chicken Caesar Salad Bread Stick Fruit	16 Kalua Pork Mixed Vegetable Rice, Roll Tropical Fruit	17 Happy Birthday French Dip Au Jus Ranch Potato Salad, Fruit
20 Pork Carnita Refried Beans Cucumber Salad Fruit	21 Meatloaf Mashed Potatoes Roll Vegetable Blend	22 Chicken Vegetable Soup Turkey Salad Croissant	23 Pot Roast Roasted Potatoes Mixed Vegetable Roll	24 Fish w/ Dill Sauce Rice w/ Vegetables Vegetable Blend Berry Crisp
27 Turkey Roast Roasted Sweet Potatoes Asparagus Roll Fruit Medley	28 Salmon Patty Creamy Cucumber Wild Rice Roll Vegetable Blend	29 Minestrone Soup Beef Taco Salad Tortilla Chips Mixed Fruit Sherbet	30 Ham & Swiss Sandwich Carrot Raisin Salad Cinnamon Pears	31 Luau Party!! Honey Mustard Chicken Vegetable Sauté on Pasta Roll Pickled Beets, Melon

For reservations, call (360) 829-2095 OR (253) 474-1200.

Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change.
 Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.