

		<b>Wednesday July 1</b> <b>Herb &amp; Garlic Chicken</b> Whole Wheat Penne Pasta w/Alfredo Sauce Seasonal Fresh Vegetables *Baguette *Fruit Juice+	<b>Thursday July 2</b> <b>Celebrate the 4<sup>th</sup></b> *Patriotic Potato Salad* **Hamburger w/Bun&Condiments *Corn off the Cob *Watermelon+ Star Spangled Dessert	<b>Friday July 3</b> <b>Independence Day Holiday</b>
<b>+ Vitamin C</b> <b>*Vitamin A</b> Each meal includes 8 oz 1% milk	\$3.00 Senior Contribution  Mandatory charge of \$3.50 for Essential Volunteers (under 60)			
<b>Monday July 6</b> *Fruit Juice+ <b>Swedish Meatballs</b> *Augratin Potatoes Scandinavian Vegetables *Whole Wheat Roll **Butterscotch Pudding	<b>Tuesday July 7</b> * <b>Savory Seafood Salad</b> Served on Fresh Greens Egg, Carrots* & Lemon Wedge Marinated Tomatoes+ *Whole Wheat Crackers *Sugar Free Gelatin w/Fruit+	<b>Wednesday July 8</b> *Sweet & Sour Chicken+* *Brown Rice Blend *Key Largo Vegetables+* *Whole Wheat Bread *Pears	<b>Thursday July 9</b> * New & Flavorful Quinoa Salad **Turkey Sandwich on Sourdough w/lettuce, pickles & condiments *Fresh Broccoli Salad+ *Fruit Juice+	<b>Friday July 10</b> * <b>Twice Baked Potato</b> Topped w/Cheddar, Mushrooms, Green Onions & Sour Cream Steamed Zucchini & Tomatoes+* *Whole Wheat Roll *Cantaloupe+
<b>Monday July 13</b> *Fruit Juice+ <b>Breaded Fish</b> w/Tartar Sauce *Orzo /Pesto Mixed Vegetables+* *Whole Wheat Bread	<b>Tuesday July 14</b> Luscious Layered Salad * <b>BBQ Beef on a Bun</b> *Ranchero Beans *Fresh Fruit+	<b>Wednesday July 15</b> <b>Celebrate National Ice Cream Month</b> ** <b>Ham &amp; Swiss Sandwich</b> On Whole Wheat Vegetable Antipasti* *Macaroni Salad+	<b>Thursday A July 16</b> ** <b>Stuffed Turkey Ala Orange</b> w/Bread Stuffing *Sweet Potatoes Brussel Sprouts+ *Fruit Juice+	<b>Friday July 17</b> * <b>Delightful Chicken Salad</b> w/Grapes & Toasted Nuts *Chilled Rice Salad *Wheat Crackers **Sunshine Gelatin Salad+*
<b>Monday July 20</b> *Fruit Juice+ <b>Oven Fried Chicken</b> *Macaroni & Cheese Green Beans **Country Biscuit	<b>Tuesday July 21</b> * <b>Chef Salad</b> (Turkey, Ham, Tomatoes, lettuce and 1000 Island Dressing) *Red Potato Salad *Wheat Crackers *Fresh Fruit+	<b>Wednesday July 22</b> * <b>Lettys Cheese Enchilada</b> *Spanish Rice *Mexicalli Vegetables *Tortilla Chips & Salsa *Fruit Juice+	<b>Thursday July 23</b> <b>Meatloaf w/Gravy</b> *Mashed Potatoes+ *Peas & Pearl Onions *Whole Wheat Roll **Ambrosia+	<b>Friday July 24</b> * <b>1/2 Tuna Sandwich</b> on Whole Wheat w/lettuce and tomato *3 Bean Salad **Cottage Cheese w/Pineapple+
<b>Monday July 27</b> <b>Pepper Steak</b> w/Bell Pepper & Tomatoes *Served over Pasta Cauliflower+ *Whole Wheat Bread *Applesauce	<b>Tuesday July 28</b> * <b>Quiche Lorraine</b> *Oven Roasted Potatoes Steamed Broccoli+ *Wheat Roll *Fruit Juice+	<b>Wednesday July 29</b> <b>Happy Birthday</b> * <b>Chicken Spinach Salad*</b> w/Garlic Toast **Fruit Gelatin Supreme+ *Fresh Veggies* **Birthday Cake	<b>Thursday July 30</b> <b>Jamaican Crab Cake</b> w/Mango Salsa *Black Beans & Rice *Bahama Vegetable Blend+* *Tropical Dessert+	<b>Friday July 31</b> ** <b>Nantucket Croissant</b> Featuring Turkey, Cream Cheese, & Cranberry Spread *Coleslaw+* *Seasonal Fresh Fruit

**Congregate Dining Sites** Reservations/Cancellations must be made by noon the day before by calling the site:

<b>Davis Senior Center</b> 646 A Street <b>757-5541</b>	<b>West Sac Senior Center</b> 664 Cummins Way <b>(916) 373-5805</b>	<b>Winters Community Center</b> 201 Railroad Avenue <b>795-4241</b>	<b>Woodland Senior Center</b> 2001 East Street <b>668-0974</b>	<b>Knights Landing/Esparto</b> <b>662-7035</b>
<b>Elderly Nutrition Program Main Office Woodland 662-7035</b>				

Please see reverse side for information about the "\*" symbols used on this menu.

\$7.00 GUEST FEE for people under 60 unless accompanied by their senior spouse