

**FOR SENIORS 60 YEARS
AND OLDER**
En espanol: 525-0143 x 134
OFFICE: 525-0383



CAFÉ MENU

☉ JULY 2017 ☉

It costs \$ 7.00 to produce each meal. A \$ 4.00 donation per meal is suggested, but any amount is appreciated.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
KITCHEN CLOSED!	HOLIDAY	Pork Verde W/ Rice Italian Vegetables Wheat Roll Kiwi	Chicken & Fennel Salad Wheat Roll Cantaloupe	CHEF'S BRUNCH SPECIAL
10	11	12	13	14
Mumbai Pork Curry Brown Rice Pilaf Peas & Carrots Wheat Roll Apple	Chicken Piccata Linguini w/ Lemon Sauce Steamed Broccoli Wheat Roll Orange	Beef Stroganoff Lemon Glazed Broccoli Wheat Roll Kiwi	Pork Tenderloin Italian Style Polenta Italian Vegetables Wheat Roll Fresh Pineapple	CHEF'S BRUNCH SPECIAL
17	18	19	20	21
Salisbury Steak Capri Blend Vegetables WW Penne Pasta Wheat Roll Cantaloupe	Pork in Balsamic Cherry Sauce Couscous in Chicken Stock Normandy Blend Vegetables Wheat Roll Pineapple	Chicken Parmesan Italian Vegetables Whole Wheat Penne Pasta Pear	Beefaroni w/Whole Wheat Pasta Asparagus Wheat Roll Honey Dew Melon	CHEF'S BRUNCH SPECIAL
24	25	26	27	28
Chicken Tikka Masala w/Rice Lemon Glazed Broccoli Wheat Roll Grapes	Beef w/ Black Bean Sauce Stir Fry Vegetables Brown Rice Pilaf Wheat Roll Fresh Pineapple	Pork Loin Hawaiian Style Lemon Glazed Broccoli Brown Rice Pilaf Wheat Roll Cantaloupe	Chicken Tacos Spanish Rice Wheat Roll Kiwi	CHEF'S BRUNCH SPECIAL
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BBQ Pork Roast Peas & Carrots Wheat Roll Corn and Black Bean Orange			Menu Subject to Change Without Notice	All Meals Contain 8 oz. Low Fat Milk

For answers to your nutrition questions: Call Council On Aging's Dietitian, at 525-0143, ext. 130