



**JULY 2022**

## GREEN VALLEY SENIOR MEALS

### 780 S. Park Centre Ave.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				BREADED FISH FILLET 1 TARTAR SAUCE ROASTED POTATOES STEAMED SPINACH PEACHES OATMEAL COOKIE
<b>4<sup>TH</sup> OF JULY</b> 4 ALL CENTERS CLOSED	MONGOLIAN BEEF 5 BROWN RICE PILAF EMPEROR BLEND VEGGIES BABY SPINACH SALAD/ DRESSING PEAR CUP	PORK MIXED GRILL W/ 6 CHIMICHURRI SC QUINOA AND BLACK BEANS SAUTEED SPINACH BANANA	SALISBURY STEAK/ 7 GRAVY MASHED POTATOES ROASTED BUTTERNUT SQUASH APPLESAUCE OATMEAL COOKIE	FRIED CHICKEN BREAST 8 HOT GERMAN POTATO SALAD BRAISED RED CABBAGE BANANA
TURKEY TETRAZZINI 11 ITALIAN VEGGABLES BABY SPINACH SALAD/ DRESSING DRIED CRANBERRIES	SOUTHWEST CHICKEN 12 SALAD RANCH DRESSING CORN SALAD ORANGE	PARMESAN BAKED 13 POLLOCK/TARTAR SC SWEET POTATOES GREEN BEANS WW BREAD/BUTTER BANANA	CHICKEN THIGHS W/ 14 GINGER SESAME SC LEMON-HERBED QUINOA ASIAN BLEND VEGGIES APPLE CRISP	BEEF STROGANOFF 15 EGG NOODLES ROASTED BRUSSELS SPROUTS KALE SALAD BANANA
ROAST TURKEY/GRAVY 18 SWEET POTATOES PEAS & ONIONS BABY SPINACH SALAD/ DRESSING GRAPES	BEEF & BEAN SALAD 19 CARROT-RAISIN SALAD WW BREAD/BUTTER PEAR CUP	MEATLOAF 20 MASHED POTATOES/ GRAVY SUCCOTASH BANANA	CHEESE OMELET 21 ROASTED POTATOES SAUTEED SPINACH ORANGE	CHICKEN MARSALA 22 CAULIFLOWER RICE BROCCOLI FLORETS BANANA
SLOPPY JOE 25 ROASTED POTATOES BABY SPINACH SALAD/ DRESSING WW BUN GRAPES	CHICKEN TORTELLINI 26 SALAD 5-BEAN SALAD WW BREAD/BUTTER MANDARIN ORANGES	LASAGNA ROLL-UPS 27 W/MEAT MARINARA SC SAUTEED SPINACH PEACH CRISP	BEEF STEW W/CARROTS 28 & POTATOES ROASTED BUTTERNUT SQUASH CORN MUFFIN/BUTTER BANANA	PORK CARNITAS 29 QUINOA AND BLACK BEANS BRAISED RED CABBAGE BANANA

**\*\* ALL MEALS ARE SERVED WITH 8 OUNCES OF MILK\*\* EQUIVALENT MENU ITEMS MAY BE SUBSTITUTED**

**\*\* NUTRITIONAL INFORMATION ON THE BACK OF THIS MENU**

**ALL MENU ITEMS ARE SUBJECT TO CHANGE BASED ON AVAILABILITY**

THE FRUIT MAY DIFFER BASED ON AVAILABILITY **THANK YOU FOR YOUR DONATIONS. THEY HELP US STRETCH-H-H-H OUR SERVICES!!**

Do you or someone you know eat lunch alone?

Call **Carla Salcido 520-393-6814**

Donation \$3.00 for participants. \$7.00 Guest Fee

Congregate meals for **ALL** adults **60+**

Transportation available.

*Please call for reservation in advance!*