



July 2010


Monday
Tuesday
Wednesday
Thursday
Friday

<p>Lunch is served Monday - Friday 11:30 a.m.</p> <p>Suggested Donation: \$3.00</p>	<p>Nelly Ayala Nutrition Manager Old-timers Foundation 477-2780</p>		<p>Orange Chicken 1</p> <p>Parsley Potatoes Corn Spinach Salad Whole Wheat bread Fruit Milk</p>	<p>Roast Pork 2</p> <p>Sweet Potatoes Green Beans Cole Slaw Whole Wheat bread Applesauce Milk</p>
<p>Closed Holiday</p> 	<p>5 Oven Fried Chicken 6</p> <p>Baked Potato Buttered Broccoli Carrot/Raisin Salad Whole Wheat Bread Applesauce Milk</p>	<p>7 Stuffed Peppers 7</p> <p>Steamed Rice Squash Pickled Beet Salad Whole Wheat Bread Fruit Milk</p>	<p>8 Bar-B-Q Riblet 8</p> <p>Baked Beans Corn Spinach Salad Bun Fruit Milk</p>	<p>9 Roast Beef Gravy 9</p> <p>Mashed Potatoes Mixed Veggies 3 Bean Salad Whole Wheat Bread Cookies Milk</p>
<p>12 All Beef Hot Dog 12</p> <p>Baked Beans Yellow Squash Spinach Salad Bun Apple Milk</p>	<p>13 Meat Loaf 8 Tomato Sauce 13</p> <p>Baked Potato Broccoli Carr Fruit Salad Whole Wheat Bread Chocolate Pudding Milk</p>	<p>14 Oven Fried Chicken 14</p> <p>Mashed Potatoes Mixed Veggies Pickled Beet Salad Whole Wheat Bread Sliced Peaches Milk</p>	<p>15 Baked Fish Tarter Sauce 15</p> <p>Hash Browns Spinach Lime Jell-o/Applesauce Whole Wheat Bread Fruit Milk</p>	<p>16 Enchilada Casserole 16</p> <p>Spanish Rice Pinto Beans Sunburst Fruit Salad Corn Tortilla Banana Milk</p>
<p>19 Meat Loaf Tomato Sauce 19</p> <p>Baked Potato Peas Tossed Salad Whole wheat Bread Fruit Milk</p>	<p>20 Lemon Baked Fish 20</p> <p>Mac & Cheese Mixed Veggies Cole Slaw Whole Wheat Bread Applesauce Milk</p>	<p>21 Sloppy Joes 21</p> <p>Baked Beans Carrots Potato Salad Bun Orange Milk</p>	<p>22 Grilled Cube Steak 22</p> <p>AuGratin Potatoes Broccoli Carrot/Pineapple/Raisin Whole Wheat Bread Banana Milk</p>	<p>23 Roast Turkey Gravy 23</p> <p>Mashed Potatoes Succotash Pear & Lime Jell-o Whole Wheat Bread Sliced Peaches Milk</p>
<p>26 Spaghetti Meatsauce 26</p> <p>Pasta Green Beans Tossed Salad Garlic Bread Orange Milk</p>	<p>27 Bar-B-Q Chicken 27</p> <p>Tator Tots Broccoli Cole Slaw Whole Wheat Bread Gelatin/Whipped cream Milk</p>	<p>28 Ham Slice 28</p> <p>AuGratin Potatoes Peas Tropical Fruit Cup Whole Wheat Bread Cookies Milk</p>	<p>29 Swedish Meatballs Gravy 29</p> <p>Noodles Spinach Citrus Fruit Salad Whole Wheat Bread Banana Milk</p>	<p>30 Roast Beef Gravy 30</p> <p>Mashed Potatoes Corn Spinach Salad Wheat Roll Fruit Milk</p>

**Menu is subject
to change**

"Funding for this service has been provided by the San Bernardino County Department of Aging and Adult Services through a grant award from the Department of Aging."

The Silver Fox July / August 2010

