



July 2018 Meals Calendar

****Important Updates from Age Well:** Reservations now required **3 days** in advance. Please call or stop by the Center by **9:30am 3 days prior to the day you wish to join us for lunch**. Please also note, the new suggested donation is **\$5 to cover food and transportation cost**. This is a suggested donation, we appreciate any amount that is comfortable for you.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>No regular Monday lunch</p>	<p>3</p> <p>There will be no lunch this day for the transition to new caterer.</p>	<p>4</p> <p>Center Closed for Fourth of July Holiday</p>	<p>5</p> <p>Roast turkey, monterey jack cheese, mayo, cole slaw with carrots and pineapple, potato salad, wheat roll, cantaloupe</p>	<p>6</p> <p>No regular Friday lunch</p>
<p>9</p> <p>No regular Monday lunch</p>	<p>10 Birthday Lunch Leonardo's Pizza (Cheese, pepperoni or veggie), green salad and birthday cake \$5</p>	<p>11 Chicken marsala with mushroom sauce, rice pilaf, green beans, dinner roll, vanilla fluff with cream</p>	<p>12 sweet and sour sliced pork, egg noodles, oriental sugar snap blend vegetables, wheat bread, pumpkin cookies</p>	<p>13</p> <p>No regular Friday lunch</p>
<p>16</p> <p>Monday Morning Coffee Hour</p> <p>Samantha Mithchell discusses the urinary system</p>	<p>17 Macaroni and cheese, stewed tomatoes, green beans, wheat bread, orange jello with fruit</p>	<p>18 Stuffed chicken with sage sauce, mashed potatoes, carrots, wheat roll, vanilla pudding with cream and peaches</p>	<p>19 Cream of broccoli and cheddar soup, crackers, zucchini and summer squash, wheat roll, melon</p>	<p>20</p> <p>No regular Friday lunch</p>
<p>23</p> <p>No regular Monday lunch</p>	<p>24 Glazed pork and ham burger, mashed yam, cauliflower, wheat roll, mandarin oranges with cream</p>	<p>25 Beef steak with brown sauce, mashed potatoes, broccoli florets, wheat roll, pumpkin cookie</p>	<p>26 Italian chicken fingers with BBQ sauce, peas and carrots, mashed potatoes, wheat dinner roll, tropical fruit</p>	<p>27</p> <p>No regular Friday lunch</p>
<p>30</p> <p>No regular Monday lunch</p>	<p>31 Sweet and sour meatballs, medium shells, California blend vegetables, wheat bread apple slices with cinnamon</p>			