

Taylor County Senior Citizens, Inc. * 52 Trap Springs Road * Grafton WV 26354 * (304)265-4555



Menus subject to change

**Lunch served
Monday - Friday
11:45 am to 12:45 pm**

**For Seniors 60+ a
donation of \$4.00 is
suggested**

**Under 60
years old
Lunch \$7.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
JULY 2025	Salisbury Steak Mashed Potatoes with Gravy Green Beans Fruit / Milk	Pulled Pork Sandwich Tater Tots Veggie Blend Fruit / Milk	Cheeseburger Sweet Potato Steak Fris Baked Beans Dessert Fruit / Milk	CLOSED for HOLIDAY
7	8	9	10	11
Grilled Chicken Sandwich w/ Lettuce & Tomato Beets Veggie Blend Fruit / Milk	Beef Tips w/ Gravy over Noodles Broccoli Dessert Fruit / Milk	Chicken Bacon Pizza Cottage Cheese 3 Bean Salad Fruit / Milk	Taco Salad w/ Salsa Refried Beans Mexican Corn Dessert Fruit / Milk	Hot Dog w/ Sauce French Fries Cooked Carrots Fruit / Milk
14	15	16	17	18
Tuna Salad Wrap Hard Boiled Egg Raw Mix Veg Coleslaw Fruit / Milk	Chicken Parm over Noodles Garlic Bread Broccoli Tapioca Pudding Fruit / Milk	BIRTHDAY LUNCH Meatloaf Scalloped Potatoes Succotash Roll Dessert / Fruit / Milk	SENIOR PICNIC	Strawberry Walnut Chicken Spinach Salad Breadstick Dessert Fruit / Milk
21	22	23	24	25
BBQ Chicken Sandwich Tater Tots Baked Beans Fruit / Milk	Pork Chop Boiled Potatoes Saurkraut Dessert Fruit / Milk	Stuffed Peppers Sweet Potatoes Veggie Blend Roll or Bread Fruit / Milk	Breaded Fish Filet Rice Pilaf Brussel Sprouts Cauliflower Dessert Fruit / Milk	Sausage Pizza Cottage Cheese 3 Bean Salad Fruit / Milk
28	29	30	31	
Cook's Choice	Chicken Tenders Mac & Cheese Veggie Blend Dessert Fruit / Milk	Pork Chop Arroz con queso Black Beans Corn Roll or Bread Fruit / Milk	Spaghetti W/ Meat Sauce Side Salad Garlic Bread Dessert Fruit / Milk	