



July Menu 2025

Ketchikan-Saxman Senior Center



2401 Eagle Ave., Saxman, Alaska

Monday	Tuesday	Wednesday	Thursday
Our menu items might contain any of the following allergens: milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, and sesame. If you are allergic to any of the above items, please call 907-220-7091 for a copy of our recipes	1 Baked White Fish Peas Rice Honey Orange Salad	2 BBQ Chicken Mixed Vegetable Potato Salad Angel Biscuit Fruit	3 Chicken Sandwich Minestrone Soup Garden Salad 
7 Lasagna Steamed Zucchini Tossed Salad Fruit	8 Baked Chicken Mixed Veggies Mash Potatoes & Gravy Broccoli & Cauliflower Toss Fruit	9 Turkey Peas Mashed Potatoes with Gravy Cantaloupe and Honey Dew Melon	10 Liver & Onion Stewed Tomatoes Wheat Bread Apple Raisin Coleslaw
14 Turkey Vegetable Soup ½ Cheese Veggie Sandwich Fruit Slaw	15 Sweet 'n Sour Chicken Stir Fry Veggies Rice Spicy Fruit Cups	16 Chili With Beef & Cheese Tomato Slices Creamy Coleslaw Cornbread	17 Salmon Burger Oven Fried Potatoes Romaine & Tomato Salad Fruit
21 Fish Chowder Chef Salad Crackers Fruit	22 Meatloaf Steamed Greens Mashed Potatoes With Gravy Fruit	23 Baked White Fish Broccoli Tossed Green Salad Rice Pilaf	24 Beefaroni Mexicali Vegetables Apricot Salad
28 Fish 'n' Chips French fries Broccoli Spinach Salad Fruit	29 ½ Egg Salad Potato Soup Sunshine Salad	30 Beef Stroganoff Mixed Vegetables Cabbage Slaw Fruit	31 Taco Salad Orange Slices 

There may be occasional substitutions if a particular food did not arrive from the food supplier.