

July Lunch Menu: Serving sizes: Grains- 2 ounces, Vegetables- ½ cup, Fruits- ½ cup, Protein- 3 ounces, Dairy- 1 cup.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals are ordered every Wednesday for the following week. We kindly ask that members make their best efforts to have their menus filled out and submitted within 2 days of order. To make changes to your menu or if you have any questions please contact Kathy in the kitchen at 401-944-3343 X6. Lunch menus for the month of June, can be found on our website (www.JSCRI.org) or at the center mid May for viewing</p>			<p>The Senior Center will be closed July 1 - July 5. We will reopen on July 8th.</p>	
<p>8 Navy Bean Vegetable Soup Chicken Marsala Parmesan Rice Mixed Veg WW Roll Tropical Fruit Spinach Salad w Chicken</p>	<p>9 Mushroom Barley Soup Sausage & Pepper Sandwich Chips Roasted Zucchini WW Roll Pudding Greek Salad w Chicken</p>	<p>10 Tomato Soup Lemon Butter Pork Chops Roasted Potatoes Mixed Veg WW Roll Sliced Pears Seafood Salad Sandwich</p>	<p>11 Veg Soup Chicken Cordon Bleu Rice Pilaf Waxed Beans WW Roll Oatmeal Cookie Chicken Salad Plate</p>	<p>12 Fresh Fruit Cup Baked Pasta w Meatball Sausage & Cheese Roasted Veg Jello Roll Tuna Salad Sandwich</p>
<p>15 Minestrone Soup Meatball Sandwich 3 Bean Salad Potato Wedges Pineapple Chunks WW Roll Cobb Salad</p>	<p>16 Tossed Salad Swedish Meatballs Mashed Potatoes Buttered Corn Fresh Fruit WW Roll Roast Beef Sandwich on Roll</p>	<p>17 Red Clam Chowder Fish Sandwich Cole Slaw Orzo Salad Roll Cake Seafood Salad Plate</p>	<p>18 Chicken Soup Pot Roast Mashed Potatoes Peas & Carrots Sliced Peaches WW Roll Cobb Salad</p>	<p>19 Cream of Broccoli Lasagna Roll Up w Meat Sauce Roasted Veg Pudding WW Roll Tuna Salad Plate</p>
<p>22 Kale Bean & Sausage Soup Shepards Pie Mashed Potato WW Roll Chocolate Cookie Egg Salad Sandwich</p>	<p>23 Tomato Soup Marry Me Chicken Waxed Beans Roasted Potatoes WW Roll Sliced Peaches Chef Salad</p>	<p>24 Veg Summer Salad Beef Tips w Mushroom Gravy Mashed Potatoes Roasted Zucchini & Tomato WW Roll Melon Chicken Salad on Wheat</p>	<p>25 Lentil Soup w Veg Sliced Turkey Stuffing Mixed Squash WW Roll Brownie Seafood Salad Plate</p>	<p>26 Tossed Salad Chicken Parm Steamed Broccoli Spanish Rice WW Roll Strawberry Shortcake Chef Salad</p>
<p>29 Chicken Escarole Roasted Chicken Mashed Potato Green Beans Roll, Pudding</p>	<p>30</p>			