

Stoutland Senior Center

July 2022

Mon	Tue	Wed	Thu	Fri
				1 French Dip/Au Jus Bun Garden Salad Sweet Potato Fries Dessert Drink
4 CLOSED	5 Ham & Beans Spinach Fried Potatoes with Onions Cornbread/Margarine Dessert Milk	6 Ziti, Goulash or Spaghetti Cauliflower Ambrosia Salad Garlic Bread Dessert Milk	7 Smothered Chicken Breast Grilled Zucchini Tomato/Cucumber Salad Bread/Margarine Dessert Milk	8 Fish Sandwich On Bun Steak Fries Coleslaw Dessert Milk
11 Chicken & Noodles Glazed Baby Carrots Fruit Bread/Margarine Dessert Milk	12 Cheeseburger Bun Lettuce/Tomato/ Pickle/Onion Steak Fries Dessert Milk	13 Fried Chicken Potatoes/Gravy Green Beans Roll/Margarine Dessert Milk	14 Battered Fish Stewed Tomatoes Fruit Macaroni & Cheese Dessert Milk	15 Polish Sausage Bun Kraut Scalloped Potatoes Dessert Milk
18 Ham & Cheese Sandwich Chips Spinach Strawberry Salad Grilled Zucchini Dessert Milk	19 Meatloaf Potatoes/Gravy Green Beans Bread Dessert Milk	20 Grilled Chicken Sandwich Bun Cucumber Salad Fruit Dessert Milk	21 Pulled Pork Bun Hashbrown Casserole Cinnamon Apples Dessert Milk	22 Taco Bake Mexican Corn Pears Tortilla Chips/Nacho Cheese Dessert Milk
25 Chili Dog with Cheese Bun Tater Tots Fruit Dessert Milk	26 Glazed Ham Au Gratin Potatoes Zucchini & Tomatoes Roll/Margarine Dessert Milk	27 Roast Beef Mashed Potatoes/Gravy Baby Carrots Roll/Margarine Dessert Milk	28 Cheddar Baked Chicken Grilled Brussel Sprouts Garlic Mashed Potatoes Bread/Margarine Dessert Milk	29 Tuna Salad Sandwich Bread Sliced Tomatoes Fruit Dessert Milk