



Meal program open to Schuyler County residents age 60 and older
\$4.00 suggested contribution for each meal but NOT REQUIRED

4 **CLOSED**
4TH OF JULY
HOLIDAY OBSERVED



11 Chicken & WG Biscuit
 California Blend Vegetables
 Cinnamon Applesauce
 Cranberry Juice

18 Spaghetti w/ Meatballs
 Waxed Beans
 Low Sodium V8 Juice
 Peaches
 Whole Grain Garlic Roll

25 Fish Mornay
 Rice Pilaf
 Brussels Sprout
 Mandarin Oranges
 Grape Juice
 12-Grain Bread

5 Swedish Meatballs over Noodles
 Spinach
 Mandarin Oranges
 Apple Juice

12 Macaroni & Cheese
 Stewed Tomatoes
 Tangy Bean Salad
 Fresh Orange
 Whole Grain Dinner Roll

19 Turkey Stew
 Carrots
 Chick Pea Salad
 Cinnamon Applesauce
 Whole Grain Biscuit

26 Pepper Steak
 AuGratin Potatoes
 Vegetable Blend
 Rosy Apple Relish
 12 Grain Bread

6 BBQ Chicken
 Parsley Potatoes
 Green Beans
 Mixed Berries w/ Topping
 12 Grain Bread

13 Spanish Rice
 Peas & Carrots
 Cottage Cheese w/ Fruit
 Strawberries w/ Whipped Topping
 Whole Grain Dinner Roll

20 Meatloaf w/ Gravy
 Mashed Potatoes w/ gravy
 Green Beans
 Mandarin Oranges
 Sunshine Salad
 12 Grain Bread

27 Stuffed Shells
 Spinach
 Four Bean Salad
 Grapes
 Whole Grain Garlic Roll

7 Sweet & Sour Pork Over Brown Rice
 Broccoli
 Molded Apricot Salad
 Mandarin Oranges

14 Parmesan Crusted Fish
 Garlic Butter Rice
 Brussels Sprouts
 Tossed Salad w/ Dressing
 Tropical Fruit

21 BBQ Pork on a Whole Wheat Bun
 Vegetable Blend
 Coleslaw
 Watermelon

28 Lemon Garlic Chicken
 Rice Pilaf
 Broccoli
 7 layer Salad
 12 Grain Bread

1 Picnic Day
Italian Sausage w/Peppers & Onions on WW Bun
 Vegetable Blend
 Potato Salad
 Watermelon

8 Layered Cabbage Casserole
 Carrots
 Cranberry Salad
 Whole Grain Dinner Roll

15 Salisbury Steak w/Gravy
 Mashed Potatoes
 Mixed Vegetables
 Pears w/ Blueberries
 12-Grain Bread

22 Chicken Italian
 Baked Beans
 Sunshine Salad
 Mixed Fruit
 WG Dinner Roll

29 Vegetable Lasagna
 Carrots
 Pea & Beet Salad
 Tropical Fruit
 Whole Grain Dinner Roll