

July 2021 Menu

Meals will still be available as take-out (\$5 suggested donation, add \$2 for salad).

Please note: menu is subject to change based on product availability. 907-567-3988 Please call in advance to order a meal.

Our nutrition program provides 1/3 of the recommended daily nutrition for Seniors and has been approved by a registered dietitian.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays				<i>1</i>	<i>2</i>	Information 3
David Shea 7/3				Salisbury Steak Mashed Potatoes Gravy Vegetable	Baked Chicken Corn on the Cob Baked Beans	<i>Soup served daily with pick up meals</i>
<i>4</i>	<i>5</i>	<i>6</i>	<i>Bingo @ 1:15 7</i>	<i>8</i>	<i>9</i>	<i>10</i>
Connie Estes 7/4 Ted Larsen 7/5 Cheryl Ann Doyle 7/6 Larry Wallace 7/8 Clarence Davis 7/9	Center Closed in observance of Independence Day	Asian Chicken Thighs Rice Vegetables	Lil' Cheddar Meatloaf Mashed Potatoes Gravy Vegetable	Lasagna Broccoli Salad Garlic Bread	Gluten Free Baked Halibut Ancient Grains w/Veggies Coleslaw Tartar Sauce	
<i>11</i>	<i>12</i>	<i>13</i>	<i>Bingo @ 1:15 14</i>	<i>Board Meeting 15</i>	<i>16</i>	<i>17</i>
Don Nuebel 7/11 Martha Ogren 7/13 Jeanie Gregorich 7/14 David Nordgren 7/16	Sweet & Sour Meatballs Rice Vegetables	Baked Chicken Mashed Potatoes Country Gravy Vegetables	Beef Fajitas Tortillas Refried Beans Mexi-Corn	Chicken Cordon Bleu Casserole Vegetable Garlic Bread	Glazed Ham Potato Dish Vegetable	<i>Suggested Donation \$7.00 Members \$11.00 Guests To-Go Soup \$1.00 per cup</i>
<i>18</i>	<i>19</i>	<i>20</i>	<i>Bingo @ 1:15 21</i>	<i>Ann. Member Mtg 22</i>	<i>23</i>	<i>24</i>
Greg Olsen 7/19 Mary Ireland 7/22 Bob Pearson 7/22 Robert Jones 7/23	Roast Beef Potatoes Gravy Carrots	Swiss Mushroom Chicken Rice Pilaf Vegetables	Ravioli Cheese Bake Vegetable Garlic Bread	Turkey Thursday	Dijon Beef Tips in Sauce Noodles Vegetable	<i>The cook reserves the right to change the menu without notice.</i>
<i>25</i>	<i>26</i>	<i>27</i>	<i>Bingo @ 1:15 28</i>	<i>29</i>	<i>30</i>	<i>31</i>
John McCombs 7/26 Dan Estes 7/26 Jim Kenshalo 7/27 Nora Appel 7/30 Liz Kruzick 7/31	Glazed Pork Tenderloin Yams Green Beans	Chicken Enchiladas Mexi-Salad Refried Beans	Garlic Swiss Steak Potatoes Vegetable	Croissants w/ Chicken Cashew Salad Jell-O Pasta Salad	Lemon Baked Halibut Roasted Red Potatoes Vegetable Coleslaw	<i>Salad Bar and Soup Served Daily with congregate meals **</i>