




July 2022 Menu

Meals will still be available as take-out (\$7 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
<i>Birthdays</i>					1	Information 2
David Shea 7/3					Glazed Red Salmon Vegetable Roasted Grains	<i>Soup served daily with pick up meals</i>
Connie Estes 7/4 3	4	5	Bingo @ 1:15 6	7	8	9
Ted Larsen 7/5 Cheryl Ann Doyle 7/6 Beverly Welborn 7/6 Diane Cook 7/7 Sharon Fowler 7/8 Larry Wallace 7/8	Center Closed 	Salisbury Steak Potatoes Gravy Vegetable	Chicken Enchilada Red beans & Rice Mexi-Corn Chips & Salsa	Pork Tenderloin Scalloped Potatoes Vegetable	Cordon Bleu Casserole Vegetable Garlic Bread	
Clarence Davis 7/9 10	11	12	Bingo @ 1:15 13	14	15	16
Don Nuebel 7/11 Kelly Emerson 7/13 Martha Ogren 7/13 Mark Bridge 7/13 Jeanie Gregorich 7/14 David Nordgren 7/16	Sweet & Sour Chicken Rice Vegetable	Roast Beef Potatoes Vegetable	Bourbon Brat Skewers "off the stick" Sauerkraut	Spaghetti Vegetable Garlic Bread	Link Sausage Frittata Potatoes Fruit Medley	<i>Suggested Donation \$8.00 Members \$12.00 Guests To-Go Soup \$1.00 per cup</i>
17	18	19	Bingo @ 1:15 20	Board Meeting 21	22	23
Greg Olsen 7/19 Mary Ireland 7/22 Bob Pearson 7/22 Bob Jones 7/23	Lil' Cheddar Meatloaf Potatoes Gravy Vegetable	Crispy Chicken Rice Casserole Vegetables	Alfredo Casserole Broccoli Toss Rolls	Pork Medallions in Mushroom Sauce Vegetables Cubed Potatoes	Beef Bean Burrito Beans Mexi-Corn	
24/31	25	26	Bingo @ 1:15 27	Annual Mtg 28	29	30
John McCombs 7/26 Dan Estes 7/26 Jim Kenshalo 7/27 Nora Appel 7/30 Liz Kruzick 7/31	Baked Ham Scalloped Potatoes Green Beans	Sweet & Sour Meatballs Rice Vegetable	Cheese Manicotti Vegetable Garlic Bread	Turkey Thursday	Hawaiian Chicken Rice Vegetable	<i>Salad Bar and Soup Served Daily with congregate meals</i>