






# Mizell Senior Center July 2017 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Spaghetti w/ Meat Sauce Italian Vegetables Garlic Bread Fruit Cocktail, Milk	<b>CLOSED</b> Independence Day 	<b>5</b> Chicken Cheese Burrito Aztec Rice Zucchini & Tomatoes Salsa – Sour Cream Banana, Milk	<b>6</b> Tuna Salad on Wheat Sandwich Lettuce & Tomato Pea Salad Sun Chips Apple Sauce, Milk	<b>7</b> Beef Stroganoff Eggs Noodles Broccoli Wheat Roll Juice, Milk
<b>10</b> Beef Pot Roast Potatoes & Carrots Lima Beans Whole Wheat Roll Diced Peaches, Milk	<b>11</b>  Mac & Cheese with Kielbasas Sausage California Blend Vegetable, Apple Sauce, Milk	<b>12</b> Parmesan Chicken Roasted Potatoes Peas & Carrots Whole Wheat Roll Banana, Milk	<b>13</b> Teriyaki Chicken Asian Vegetables Brown rice Hawaiian Roll Orange, Milk	<b>14</b>  Pulled Pork Sandwich Tater tots Coleslaw Juice, Milk
<b>17</b> Beef Lasagna Green Salad Italian Dressing Garlic Bread Fruit Cocktail, Milk	<b>18</b> Chicken Broccoli Rice Casserole Carrots Wheat Roll Diced Peaches, Milk	<b>19</b>  Hamburger Lettuce Tomato Tater tots Coleslaw Banana, Milk	<b>20</b> Herb Baked Chicken Mashed Potatoes Gravy Mixed Vegetables Wheat Roll Apple Sauce, Milk	<b>21</b> Turkey Sandwich Wheat Bread Lettuce & Tomato Pickled Beats Juice, Milk
<b>24</b> Beef & Cheese Enchilada Zucchini & Tomato Aztec Rice Banana, Milk	<b>25</b> Asian Chicken Stir Fry Vegetables Chow Mein Noodles Hawaiian Roll Orange, Milk	<b>26</b> Beef Stew with Potatoes & Carrots Cauliflower Mix Wheat Roll Applesauce, Milk	<b>27</b>  Chef Salad Ham, Turkey, Cheese HB Egg, Dressing Crackers Apple, Milk	<b>28</b> Meat Loaf Mashed Potatoes Gravy Carrots Wheat Roll Juice, Milk



= High Sodium Day