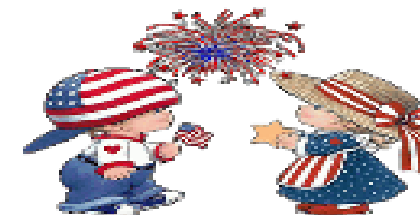


## Mizell Senior Center July 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Beef Pot Roast Potatoes & Carrots Lima Beans Whole Wheat Roll Diced Peaches, Milk	<b>3</b>  Tri-Tip Sandwich Coleslaw Baked Beans Dinner Roll Juice, Milk	<b>4</b> 	<b>5</b> Teriyaki Chicken Asian Vegetables Slaw Jasmine Rice Hawaiian Roll Orange, Milk	<b>6</b>  Pulled Pork Sandwich Tater tots Coleslaw Milk
<b>9</b> Beef Lasagna Green Salad Italian Dressing Garlic Bread Fruit Parfait, Milk	<b>10</b> Chicken Alfredo Broccoli Whole Wheat Roll Grapes, Milk	<b>11</b>  Hamburger Lettuce Tomato Tater Tots Coleslaw Banana, Milk	<b>12</b> Herb Baked Chicken Mashed Potatoes Gravy Mixed Vegetables Wheat Roll Apple, Milk	<b>13</b> Roast Beef Sandwich Horseradish Smear Lettuce & Tomato Beets Milk
<b>16</b> Beef & Cheese Enchilada Zucchini & Tomato Spanish Rice Banana, Milk	<b>17</b> Orange Chicken Asian Vegetables Brown rice Hawaiian Roll Orange, Milk	<b>18</b> Beef Stew with Potatoes & Carrots Cauliflower Mix Wheat Roll Applesauce, Milk	<b>19</b> Chef Salad Ham, Turkey, Cheese HB Egg, Dressing Crackers Grapes, Milk	<b>20</b> Meat Loaf Mashed Potatoes Gravy Carrots Wheat Roll Milk
<b>23</b> Roast Pork Loin Roasted Potatoes Carrots Wheat Roll Apple Sauce, Milk	<b>24</b> Baked Ziti with Mini Meat balls Roasted Vegetables Grapes, Milk	<b>25</b> Baked Chicken Breast Scalloped Potatoes Brussel Sprouts Apple, Milk	<b>26</b> Herb Baked Cod Rice Pilaf Mixed Vegetables Whole Wheat Roll Orange, Milk	<b>27</b> Chicken Enchiladas Black Beans Spanish Rice Roasted Corn Medley Milk
<b>30</b> Beef Stroganoff Green Bean and Mushroom Dinner Roll Chocolate Cake, Milk	<b>31</b> Meat Loaf Mashed Potatoes Cabbage w/ Bacon Dinner Roll Brownie, Milk	 = High Sodium Meal		