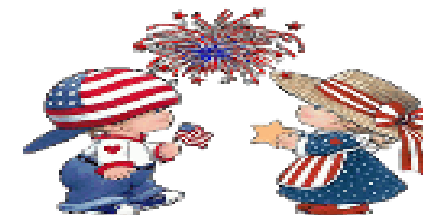


Mizell Senior Center July 2018



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