



1525 4th Ave SD 92101
(619) 235-6538



Happy 4th of July!

July, '10 Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Spaghetti with Meat Sauce Garden Salad Vegetable Medley Sliced Peaches	2 Grilled Catfish Red Beans/Rice Carrot Coins Fruit Cup	3 Hot Dog/Bun Baked Beans Cole Slaw Fruit Cup	4 Spinache Quiche Sausage links Vegetable Medley Bran Muffin Sliced Pears
5 Barbequed Chicken Potato Salad Baked Beans Fruit Cocktail	6 Hamburger/Bun Corn Niblets Steak Fries Applesauce	7 Cobb Salad Tomato/Basil Soup Dinner Roll Fruit Cup	8 Parmesan Chicken Italian Vegetable Medley Egg Noodles Watermelon	9 Beef Fajitas Mexican Rice Mexican Vegetable Medley Fresh Grapes	10 Tuna Casserole Peas & Carrots Sliced Peaches Corn Bread	11 Bacon Zucchini Frittata Potato Pancake Stewed Tomatoes Blueberry Muffin
12 Summer Meat Loaf Scalloped Potatoes Mixed Vegetables Tapioca Pudding	13 Chicken Adobo Shrimp Fried Rice Vegetable Medley Almond Cookie	14 Meatball Sandwich Italian Vegetable Medley Garden Salad Fruit Cup	15 Chef Salad with Turkey/Ham/Cheese Vegetable Soup Dinner Roll Fruit Cup	16 Baked Chicken Breast w/ Mushroom Sauce, Cous Cous Vegetable Medley Strawberry Short Cake	17 Turkey a-la King Vegetable Medley Vegetable Salad Fruit Cup	18 Ham Slice Chile Relleno C'srole Flour Tortillas Mexican Rice Fresh Fruit
19 Cantonese Chicken Steamed Rice Egg Roll Almond Cookie	20 Taco Salad with Beans/Beef/Vegetables Corn Soup Mexican Rice Fresh Fruit Cup	21 Roast Pork Loin Garlic Mashed Potatoes Vegetable Medley Applesauce	22 Turkey Submarine Sandwich Broccoli Soup Fresh Fruit Cup Peanutbutter Cookie	23 Italian Baked Fish Pasta Noodles Garden Salad Fruit Cup	24 Pizza Cole Slaw Fresh Banana Oatmeal Cookie	25 Baked Ham Omelet O'Brien Potatoes Orange Juice Coffee Cake
26 Oven Fried Chicken Mashed Potatoes & Gravy Vegetables Fruit Cup	27 Pulled Pork Sandwich Potato Salad Cole Slaw Fruit Cup	28 Seafood Plate Vegetable Medley Cole Slaw Fresh Fruit Cup	29 Pot Roast Mashed Potatoes & Gravy Roast Vegetables Apple Strudel	30 Oriental Chicken Salad Won Ton Soup Chilled Fruit Cup Fortune Cookie	31 Chicken Strips Macaroni Salad Vegetable Fruit Cup	

This project is supported by the "Older Americans Act" funds by the County of SD Health & Human Services Agency Aging & Independence Services.

Potiker, City Heights & Horton closed on Holidays & weekends.

Suggested donation for seniors: \$2.50 per meal Menu Subject to Change