

JULY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Taco meat w/2 flour tortillas Black Beans Shredded Cheese/Lettuce Diced Tomatoes Apricots	3 Meatball Marinara w/ Buttered Linguini Noodles Tossed Salad w/dressing Garlic Bread Pineapple	4  July 4 th Senior Center Closed	5 Apple Glazed Pork Chop Steamed Broccoli Fried Rice Jell-O w/fruit	6 Chicken & Noodles Seasoned Green Beans Hot Roll Cantaloupe
9 Cheeseburger on Bun Lettuce & Tomato Slices Kidney Bean Salad Potato Chips Assorted Melon	10 Ham Loaf Lima Beans Sweet Potatoes Pears	11 Roast Beef Steamed Cauliflower Mashed Potatoes & Gravy Strawberries	12 Ham Salad on Bun Coleslaw Cottage Cheese Potato Chips Peaches	13 Spanish Rice & Hamburger Casserole Stewed Tomatoes Garlic Bread Mandarin Oranges
July Birthday Bash! 16 Meat Loaf Brussel Sprouts w/ Cheese Baked Potato Honey Dew Melon	17 Batter Dipped Cod w/tartar Sauce Spinach Baby Parsley Potatoes Halo Orange	18 Smothered Pork Steamed Cabbage Stuffing & Gravy Apple Salad	19 Sausage Gravy w/biscuit 2 Sausage Links Peas Fried Potatoes Fruit Cocktail	20 Fried Chicken Corn Baked beans Plums
23 Baked Turkey Seasoned Green Beans Stuffing & Gravy Cranberry Sauce	24 Bratwurst on Bun Sauerkraut German Potato Salad Banana	25 Honey Mustard Chicken Cutlets California Blend Twice Baked Potatoes Assorted Melon	26 Breaded Tenderloin on Bun Broccoli Salad Cold Pickled Beets Pears	27 Scrambled Eggs w/Bacon & Cheese Mixed Vegetables Fried Potatoes Biscuit Applesauce
30 BBQ Pulled Pork on Bun Bacon Ranch Cauliflower Salad w/ Grated Cheese 4 Bean Salad Apricots	31 Salisbury Steak Peas and Carrots Mashed Potatoes & Gravy Grapes		Call 309-837-5733 or 1-844-508-7961. Suggested Donation for meals: Congregate: \$4.50 Home Delivered: \$5.50	<u>Meals Served-11:30 am</u> Macomb: Monday-Friday Colchester: Mon/Wed/Thurs Industry: Tuesday/Friday Bushnell: Monday-Friday (11:15)

Senior Center meals are a suggested donation of \$4.50/dine-in and \$5.50/home delivered for qualified individuals. Older adults who participate in the Program are welcome to make a voluntary contribution towards the cost of the meal. Funding for programs and services at the YMCA Senior Center is provided through Western Illinois Area Agency on Aging (WIAAA)