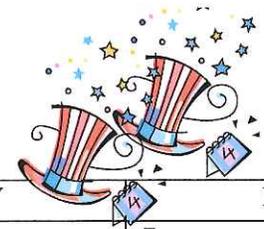
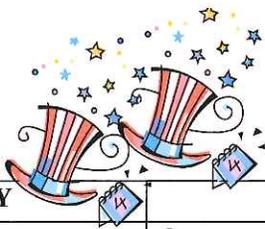


JULY 2013 SENIOR REGULAR MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Rigatoni W/Meat Sauce Vegetable Medley French Bread Pineapple Tidbits</p>	<p>2</p> <p>*Polish Sausage on Wheat Bun Three Bean Salad Fresh Orange</p>	<p>3</p> <p>Chicken Thigh w/BBQ Sauce Baked Sweet Potato Whole Wheat Bread Tossed Salad Diced Peaches</p>	<p>4 HOLIDAY</p> 	<p>5</p> <p>Shredded BBQ Pork on Bun Broccoli Salad Applesauce</p>
<p>8</p> <p>Sweet & Sour Meatballs Peas & Carrots Brown Rice Wheat Bread Orange</p>	<p>9</p> <p>Enchilada Casserole Hi C Salad Pineapple Tidbits</p>	<p>10</p> <p>*Ham & Cheese Sandwich Navy Bean Soup Tropical Fruit Pudding</p>	<p>11</p> <p>Salisbury Steak Baked Potato Whole Wheat Bread Cucumber Salad Apricots</p>	<p>12</p> <p>Italian Chicken Breast Mixed Vegetables Pickled Beets Whole Wheat Bread Honeydew Chunks</p>
<p>15</p> <p>Meatloaf with Gravy Mashed Potatoes Vegetable Medley Whole Wheat Roll Chilled Mixed Fruit</p>	<p>16</p> <p>Spaghetti in Meat Sauce Italian Vegetables French Bread Diced Pears</p>	<p>17</p> <p>Cheese Omelet Obrien Potatoes Flour Tortilla Orange Juice</p>	<p>18</p> <p>Cheeseburger Potato Wedges Cantaloupe Chunks</p>	<p>*19*</p> <p>Chicken Thigh w/ Mushroom Sauce Brown Rice Hi C Salad Pineapple Tidbits</p>
<p>22</p> <p>Turkey and Cheese Sandwich Vegetable Soup Potato Salad Fresh Orange</p>	<p>23</p> <p>Chili Con Carne Brussel Sprouts Corn Muffin Fruited Gelatin</p>	<p>24</p> <p>Chicken Alfredo Sliced Carrots Tossed Salad w/ Broccoli Wheat Bread San Joaquin Dessert</p>	<p>25</p> <p>Swiss Beef Patty Baked Potatoes Pickled Beets Whole Wheat Roll Cantaloupe Chunks</p>	<p>26</p> <p>Chicken Patty Sandwich Potato Wedges Tropical Fruit</p>
<p>29</p> <p>Chicken Fajita w/ Cheese on Flour Tortilla Refried Beans Tropical Fruit</p>	<p>30</p> <p>Beef Stroganoff Hi C Salad French Bread Honeydew Chunks</p>	<p>31</p> <p>Hearty Braised Beef & Vegetables Brown Rice Whole Wheat Bread Cantaloupe Chunks</p>	<p>Funding through: Fresno-Madera Area Agency on Aging All meals include 1% Fat Milk Suggested Fresno Donation: \$1.50 Non-Senior Rate: \$3.50</p> <p style="color: red; font-weight: bold;">*High Sodium Meal</p>	



JULY 2013 SENIOR SALAD MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pasta & Chicken Salad French Bread Orange Juice Pineapple Tidbits	2 Chef Salad Orange Whole Wheat Roll	3 Teriyaki Chicken Salad Whole Wheat Bread Apple Juice Chilled Peaches	4 CLOSED 	5 Pasta & Chicken Salad Orange Juice Applesauce
8 Pasta & Chicken Salad Wheat Bread Orange	9 Tuna Salad Whole Wheat Roll Apple Juice Pineapple Tidbits	10 Chef Salad Wheat Bread Tropical Fruit Pudding	11 Teriyaki Chicken Salad Whole Wheat Bread Orange Juice Chilled Apricots	12 Chef Salad w/ Broccoli Whole Wheat Bread Honeydew Chunks
15 Pasta & Chicken Salad Wheat Roll Orange Juice Mixed Fruit	16 Chef Salad French Bread Apple Juice Diced Chilled Pears	17 Teriyaki Chicken Salad Flour Tortilla Orange Juice	18 Chef Salad Whole Wheat Roll Cantaloupe Chunks	19 Cottage Cheese Salad Whole Wheat Bread Orange Juice Pineapple Tidbits
22 Pasta & Chicken Salad Vegetable Soup Orange Wheat Bread	23 Teriyaki Chicken Salad Corn Muffin Fruited Gelatin	24 Chef Salad Wheat Bread Orange Juice San Joaquin Dessert	25 Tuna Salad Wheat Roll Cantaloupe Chunks	26 Chef Salad Wheat Bread Tropical Fruit
29 Pasta & Chicken Salad Flour Tortilla Tropical Fruit	30 Chef Salad French Bread Honeydew Melon	31 Cottage Cheese Salad Whole Wheat Bread Cantaloupe Chunks		

Funding through: Fresno-Madera Area Agency on Aging All meals include 1% Fat Milk Suggested Fresno Donation: \$1.50 Non-Senior Rate: \$3.50