

ST. MARYS SENIOR CENTER JULY 2021 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>DINE IN MEALS MEALS ON WHEELS & PICK UP MEALS AVAILABLE</p>		<p><i>If you'd like to learn more about our Meals programs, please call 321-1225.</i></p>	<p>1 Breaded Pollock Potato Salad Coleslaw Bread Fruit</p>	<p>2 Salisbury Steak Mashed Potatoes Zucchini Bread Fruit</p>
<p>5 HOLIDAY</p>	<p>6 Cheeseburger Tater Tots Buttered Corn Fruit</p>	<p>7 Parmesan Baked Chicken Au Gratin Potatoes Tossed Salad Bread Fruit</p>	<p>8 Baked Ziti Italian Vegetables Garlic Bread Fruit</p>	<p>9 Herb Pork Chop Rice Pilaf Green Beans Bread Fruit</p>
<p>12 Chicken Fried Steak Mashed Potatoes with Gravy Peas Bread Fruit</p>	<p>13 Crustless Chicken Pot Pie Cottage Cheese Carrots Bread Fruit</p>	<p>14 Pulled Pork Fiesta Rice Pinto Beans Bread Fruit</p>	<p>15 BIRTHDAY DINNER Ham Steak Scalloped Potatoes Coleslaw Roll Fruit Cake</p>	<p>16 Chicken Pattie Mac & Cheese Meadow Blend Vegetables Fruit Bread</p>
<p>19 Hearty Vegetable Soup Tuna Salad Slider Fruit</p>	<p>20 Polish Sausage on a Bun Sauerkraut Mashed Potatoes Fruit</p>	<p>21 Spaghetti with Meat Sauce Tossed Salad Garlic Bread Fruit</p>	<p>22 Homemade Meatloaf Baked Potato Capri Vegetables Bread Fruit</p>	<p>23 Goulash Green Beans Bread Fruit</p>
<p>26 BBQ Pork Ribette French Fries Buttered Corn Bread Fruit</p>	<p>27 Swiss Steak Mashed Potatoes Baby Carrots Bread Fruit</p>	<p>28 Southwest Chili Bake Tossed Salad Fruit</p>	<p>29 Sloppy Joe on a Bun Seasoned Potato Wedges Cottage Cheese Peaches</p>	<p>30 Pub-Style Fish Potato Salad Tomato Wedges Fruit Bread</p>

FOR RESERVATIONS CALL 785-321-1225 ONE DAY AHEAD MENUS SUBJECT TO CHANGE