


OGDEN SENIOR CENTER NUTRITIONAL MENU

July-17

<u>MONDAY</u>		<u>WEDNESDAY</u>		<u>FRIDAY</u>	
<i>Celebrate Independence</i> Hot Dog on Bun w/Condiments Summer Potato Salad Baked Beans Orange Juice Sherbet	3	BBQ Pulled Pork on Bun Broccoli Carrots Pears		Tuscan Style Tuna served on Tossed Lettuce & Tomato Salad Vegetable Beef Soup Crusty Roll Mixed Fresh Fruit	7
Chicken Cordon Bleu Mashed Potatoes & Gravy California Blend Vegetables 12-Grain Bread Peaches	10	Pub Burger w/Lettuce, Tomato, & Condiments on Bun Summer Potato Salad Malibu Blend Vegetables Watermelon	12	Italian Sausage w/Onions, Peppers, Catsup & Mustard on Bun Fiesta Corn Salad Broccoli Applesauce	14
Stuffed Pepper w/Sauce Turkey Vegetable Soup Scandinavian Blend Vegetables Wheat Bread Fruit Cocktail	17	Roast Beef Sandwich on Wheat Bread w/Mayo & Horseradish Tomato Florentine Soup Pea & Cheese Salad Fruit Cocktail	19	Rosemary Oven Brownd 1/4 Chicken Cucumber & Onion Salad Baked Beans Orange Juice 12-Grain Bread Pears	21
Fajita Chicken on Spinach Romaine Salad Ranch Dressing Minestrone 12-Grain Bread Mandarin Oranges	24	Seafood Salad on Wheat Thinwich Beef Barley Vegetable Soup Baked Beans Tossed Lettuce Salad w/French Dressing Watermelon *40 Cupcakes*	26	Ground Beef Soft Tacos w/Lettuce, Tomato, Salsa, Cheese, & Sour Cream Southwestern Chicken Soup Apricots	28
Breaded Haddock w/Tartar Sauce Coleslaw w/o Pineapple Mixed Vegetables Rye Bread Applesauce	31	<i>All meals served with milk, bread, & margarine. Soup served w/crackers.</i>			

Monroe County Dept of HS/Office for the Aging

No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance on grounds of race, color, sex, religion, national origin, disability, or marital status. This program is funded by participants' contributions U.S. Administration of Aging, N.Y. State Office for the Aging, N.Y. State Dept. of Health, and Monroe County Dept. of HS/Office for the Aging.