


OGDEN SENIOR CENTER NUTRITIONAL MENU July-18

<p>MONDAY 2</p> <p>BBQ Pulled Pork on Bun Broccoli Carrots Pears</p>	<p>WEDNESDAY 4</p> <p style="text-align: center;">ABVI Closed No Meals Served</p>	<p>FRIDAY 6</p> <p>1/4 Chicken w/BBQ Sauce Mashed Sweet Potatoes Italian Blend Vegetables Apple Juice 12-Grain Bread Apricots</p>
<p>9</p> <p>Ground Beef Taco Salad w/Sour Cream, Salsa, & Cheese Tomato Florentine Soup Tortilla Fruit Cocktail</p>	<p>11</p> <p>Macaroni & Cheese Tomatoes, Zucchini, & Onions Broccoli Italian Bread Watermelon</p>	<p>13</p> <p>Braised Pork Chop w/Gravy Scalloped Potatoes Spanish Style Lima Beans Rye Bread Mandarin Oranges</p>
<p>16</p> <p>Broccoli & Cheese Topped Baked Potato Spinach Lentil Soup 12-Grain Bread Peaches</p>	<p>18</p> <p>Chicken ala King over Biscuit Carrots Peas Applesauce</p>	<p>20</p> <p>Meatballs w/Pasta & Sauce Tossed Lettuce Salad w/Italian Dressing Was Beans Breadstick Pears</p>
<p>23</p> <p>Veggie Meatball Sub Sandwich w/Sauce Minestrone Soup Mandarin Oranges</p>	<p>25</p> <p>Chili-Topped Baked Potato w/Sour Cream & Shredded Cheese Broccoli Marble Rye Bread Honeydew</p> <p style="text-align: center;"><i>32 cupcakes</i></p>	<p>27</p> <p>Seafood Salad w/Lettuce & Tomato on Thinwich Cabbage Beef Soup Pineapple</p>
<p>30</p> <p>Goulash w/Ground Beef Scandinavian Blend Vegetables Broccoli Grape Juice Italian Bread Apricots</p>		<p><i>All meals served with milk, bread, and butter. Soup served with crackers.</i></p>

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.