

# Senior Menu- July 2010



## Eldermount Information:

On Thursday, July 1st, Box Lunches instead of Summer Salad.  
 On Friday, July 2nd, Hotdog Grill Out instead of Cheeseburgers.  
 On Tuesday, July 20th, Hamburger Grill Out instead of Ham Sandwiches.  
 FYI: Grill Outs will be Grill Ins if the weather is too hot.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>5</b> Happy 4th of July! Eldermount is Closed</p>	 <p><b>6</b> Salisbury Steak w/ Gravy Parslied Potatoes Capri Vegetables Wheat Bread w/ Margarine Peaches Knottsberry Cookie</p> <p>Diet: Same</p>	<p><b>Happy Birthday America!</b></p> <p><b>7</b> Chicken Salad Potato Salad Cole Slaw Bun Mixed Fruit</p> <p>Diet: Same</p>	<p><b>1</b> <del>Summer Salad</del> w/ Diced Eggs, Cheese, Grape Tomatoes, Broccoli Floret Ranch Dressing Cranberry Juice Saltine Crackers Knottsberry Cookie Boxed Lunches for Eldermount Diet: Same</p>	<p><b>2</b> <del>Freedom Cheeseburger</del> Bravo Baked Beans Land of the Free Lettuce Home of the Brave Broccoli Bountiful Bun American Pride Pineapple Military Mustard/Ketchup <del>Born in the USA Cookies</del> Hotdog Grill Out for Eldermount Diet: Same</p>
<p><b>12</b> Chili w/ Spaghetti Vegetable Medley Tossed Salad w/ Italian Cheddar Cheese Saltine Crackers (4 Crackers) Baked Cinnamon Apples</p> <p>Diet: Same</p>	<p><b>13</b> Grilled Chicken w/ Cheese &amp; Onions Tater Nuggets Stewed Tomatoes Bun Fresh Orange</p> <p>Diet: Same</p>	<p><b>14</b> Turkey Sandwich Vegetable Beef Soup (cong only) Potato Salad Cole Slaw Wheat Bread Peaches Mayo</p> <p>Diet: Same</p>	<p><b>15</b> Italian Sausage in Savory Tomato Sauce Italian Vegetables Wheat Dinner Roll/ Margarine Upside Down Pineapple Dessert</p> <p>Diet: Same</p>	<p><b>16</b> Baked Chicken w/ Gravy Herb Dressing Broccoli Cauliflower Wheat Dinner Roll/ Margarine Strawberry Applesauce B'day Cake</p> <p>Diet: Same <b>HAPPY BIRTHDAY!</b></p>
<p><b>19</b> Chicken Stew w/ Carrots, Red Skin Potatoes, Peas Green Beans Wheat Dinner Roll/ Margarine Upside Down Pineapple Dessert</p> <p>Diet: Same</p>	<p><b>20</b> <del>Ham Sandwich</del> Tomato Soup (cong only) 3-Bean Salad Tossed Salad w/ Ranch White Bread Pears Mustard Hamburger Grill Out for Eldermount Diet: Same</p>	<p><b>21</b> Chicken Carmela Savory Tomato Sauce Spaghetti Italian Vegetables Wheat Dinner Roll/ Margarine Applesauce</p> <p>Diet: Same</p>	<p><b>22</b> BBQ Beef Peas &amp; Onions Cole Slaw Bun Peach "Cobbler"</p> <p>Diet: Same</p>	<p><b>23</b> Baked Fish w/ Tartar Sauce Diced Potatoes Vegetable Medley Wheat Bread/ Margarine Fruit Cocktail Teddy Grahams</p> <p>Diet: Same</p>
<p><b>26</b> Potato Casserole Broccoli Wheat Bread/ Margarine Apple Treat Animal Cookies</p> <p>Diet: Same</p>	<p><b>27</b> Pork Cutlet Red Skin Potatoes Vegetable Medley Wheat Bread( 2 slices)/ Margarine Petite Banana</p> <p>Diet: Same</p>	<p><b>28</b> Fajita Chic Strips w/ Shredded Cheese, Lettuce, diced Tomato &amp; Sour Cream Corn Tortilla Chips Peach "Cobbler" Mild Taco Sauce Diet: Same</p>	<p><b>29</b> Pineapple Ham Steak Sweet Potato Patties (2) Peas Cornbread/ Margarine Craisins Sponge Cake</p> <p>Diet: Same</p>	<p><b>30</b> Meatloaf w/ Gravy Mashed Potatoes Carrots Bun Mixed Fruit</p> <p>Diet: Same</p>

Lunch Components	Serving Size	# Serving
<u>Milk, Fluid</u>	1 cup	1
<u>Fruit or Vegetable or Full-Strength Juice</u>	1/2 cup	2
<u>serve 2 or more vegetables or fruits for a total of 1 cup</u>		
<u>Bread or Bread Alternate</u>	1 slice	2
<u>cornbread, biscuits, muffins, rolls</u>		
<u>Cooked pasta, noodles, or grains</u>	1/2 cup	
<u>Meat or Meat Alternate</u>	3 ounces	1
<u>lean meat, poultry, fish, cheese, eggs, cooked dry peas, or beans</u>	1/2 cup / 4tbl.	
<u>Peanut butter (d) diabetic</u>		
<u>Menu subject to change</u>		

**ALL MEALS SERVED WITH MILK** Margarine is included unless meal is sandwich-style. Menu is subject to change without notice.

<p><b>Hamburger Grill Out 7/20</b> Hamburger &amp; Bun Cheese, Tomato Pickle, Onion Mac &amp; Cheese Mustard/Ketchup Fruit Salad</p>	<p><b>Hot Dog Grill Out 7/2</b> Hot Dog &amp; Bun Mustard/Ketchup Baked Beans Fruit Salad Brownie</p>
<p><b>Box Lunch 7/1</b> Roast Beef On White Sliced Peaches Cole Slaw Pasta Veg. Salad Fresh Baked Cookie Horseradish Milk</p>	<p><b>Box Lunch:</b> Contents vary depending on the weekly rotation</p>