

# July 2010

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1. Beef Vegetable Soup</b> <b>Chicken Cordon Bleu</b> <b>Herbed Rice</b> <b>Buttered Carrots</b> <b>Lemon Pudding</b>	<b>2. N.E. Clam Chowder</b> <b>Cheeseburger or Fish sandwich / lettuce, tomato</b> <b>Potato Salad</b> <b>Apple Slices</b>
<b>5. Fourth of July Senior Services Closed</b>	<b>6. Chicken Noodle soup</b> <b>Stuffed Cabbage</b> <b>Whipped Potato</b> <b>Green Beans</b> <b>Fruit Cocktail</b>	<b>7. Portuguese Kale soup</b> <b>Baked Pork Chop</b> <b>Rice Pilaf</b> <b>San Francisco Vegetables</b> <b>Brownie w/walnuts</b>	<b>8. Tomato Pasta soup</b> <b>Yankee Pot Roast</b> <b>Boiled Red Potato</b> <b>Asparagus</b> <b>Vanilla Pudding</b>	<b>9. Manhattan chowder</b> <b>Dynamite or Seafood salad roll</b> <b>/ Chips</b> <b>Marinated Beets</b> <b>Peaches</b>
<b>12. Chicken Tortilini Soup</b> <b>Salisbury Steak</b> <b>Whipped Potatos</b> <b>Zucchini &amp; tomato</b> <b>Tropical Fruit</b>	<b>13. Cream of Asparagus Meatloaf</b> <b>Baked potato w/sr crm</b> <b>Mixed Vegetable</b> <b>Shortbread Cookie</b>	<b>14. Beef Vegetable soup</b> <b>Chicken Piccatta</b> <b>Tomato Basil Rice</b> <b>Buttered Peas</b> <b>Chocolate Pudding</b>	<b>15. Pineapple cottage chs salad</b> <b>Turkey ala king over egg noodles</b> <b>Pears</b>	<b>16. Seafood Chowda</b> <b>Salmon Pie or Ham &amp; swiss chard</b> <b>rye w/ chips</b> <b>Coleslaw</b> <b>Jello w/ topping</b>
<b>19. Turkey Rice soup</b> <b>Stuffed Pepper</b> <b>Whipped Potatos</b> <b>Carrots</b> <b>Tapioca Pudding</b>	<b>20. Tomato Veg Soup</b> <b>Chicken chow mein</b> <b>Boiled rice / chinese veg</b> <b>Fortune Cookie</b> <b>Mandarin Oranges</b>	<b>21. French Onion soup</b> <b>Turkey &amp; swiss on rye</b> <b>Lettuce &amp; tomato</b> <b>Potato Salad</b> <b>Apple slices w/grapes</b>	<b>22. Cream of Broccoli soup</b> <b>Glazed Ham</b> <b>Mashed sweet potatos</b> <b>Peas &amp; mushrooms</b> <b>Jello w/fruit</b>	<b>23. Manhattan Chowder</b> <b>Beef stroganoff or tuna salad roll</b> <b>Egg noodles</b> <b>Capri Vegetable</b> <b>Rice Pudding</b>
<b>26. Tomato Lentil Soup</b> <b>BBQ Ribs</b> <b>Spanish Rice</b> <b>Cream style corn</b> <b>Oreo Cookie</b>	<b>27. Minestrone soup</b> <b>Garlic bread</b> <b>Herb Roasted Chicken</b> <b>Ziti &amp; sauce / green beans</b> <b>Pineapple</b>	<b>28. Yellow Pea Soup</b> <b>French Meat Pie</b> <b>3 Bean Salad</b> <b>Marble Pudding</b>	<b>29. Beef Barley Soup</b> <b>Multi Grain Roll</b> <b>Large tossed salad topped with Chicken</b> <b>Jello</b>	<b>30. NE Clam Chowder</b> <b>Lemon Pepper Fish or Turkey sandwich</b> <b>Whipped Potato</b> <b>Steamed Broccoli / frsh fruit</b>