

Defiance County Senior Services

July 2008

Monday	Tuesday	Wednesday	Thursday	Friday
To access ingredient content or for more information, please call Delinda or Ginny at 419-782-3321	1 Sloppy Joe Sandwich With cheese and bun Caribbean Blend Vegetables Broccoli Salad Granola Bar	2 Tuna Salad on Lettuce Fresh Tomato Slices Three Bean Salad Croissant Peachy Cherry Sauce	<u>3 All American Meal</u> Barbecued Chicken Sweet and Sour Coleslaw Baked Beans Whole Wheat Bread Watermelon Chunks All American Apple Pie	4 Defiance County Senior Services will be Closed in Observance of Independence Day Happy 4th of July
7 Herbal Awareness Month Roast Pork Summer Ratatouille Brown Rice Seven Layer Salad Whole Wheat Bread Blueberries & Whipped Cream	8 Meat Loaf Creamed Peas & Onions Diced Potatoes Whole Wheat Roll Fresh Cantaloupe	9 Grilled Chicken Breast Cheesy Mashed Potatoes Mixed Vegetables Whole Wheat Roll Peaches & Pears	10 Roast Beef au Jus Mashed Potatoes French Cut Green Beans Cole Slaw French Bread Mandarin Oranges with Toasted Almonds	11 Salisbury Steak Baked Potato Brussels Sprouts Whole Wheat Dinner Roll Apple Juice Birthday Cake
14 Louisiana Chicken California Blend Vegetables Parsley Potatoes Corn Relish Whole Wheat Bread Melon Cup	15 Barbecued Beef on a Whole Wheat Bun Seasoned Summer Squash Buttered Lima Beans Fresh Banana	16 Sun Safety Day Sunshine Chicken Macaroni Salad Venetian Blend Vegetables Carrots and Celery Sticks Pineapple Tidbits Whole Wheat Bread	17 Our Delicious Chef Salad Ambrosia Salad Blueberry Muffin Cookies	18 Oven Fried Fish on a Kaiser Bun Citrus Slaw Fruit Cocktail Pinto Beans
21 Cheesy Scrambled Eggs Whole Wheat English Muffin Hash Browns Stewed Tomatoes Orange Juice	22 Polish Day Polish Kielbasa Beet Borscht Sweet & Sour Cabbage Purple Plums Rye Bread Poppy Seed Cake	23 Open-Face Turkey Manhattan Mashed Potatoes Carrots & Onions Parmesan Spinach Fresh Grapes	24 National Picnic Month Ham & Cheese Sandwich Tomato Basil Salad Broccoli Salad Watermelon Chunks	25 Oven Baked Chicken Brown Rice Mixed Green Salad Key West Blend Vegetables Whole Wheat Bread Chilled Grape Juice
28 Herbed Beef & Onions Gingered Carrots Pasta Salad Sweet & Sour Cucumber Salad Philippine Fruit Salad Whole Wheat Bread	29 Breaded Chicken Strips Sweet Potato Fries Steamed Cauliflower Green & Red Pepper rings with Ranch Dressing Fresh Apricots	30 Fettuccini with Creamy Ham Sauce Tossed Salad Tropical Fruit Salad Asparagus Breadsticks	31 Country Pork Casserole Scandinavian Vegetables Raisin Salad Citrus Sections Rye Bread	