



Lunch Menu

July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey & cheese on bun 3 Potato salad Carrot raisin salad Lettuce/tomato/mayo Fresh fruit Milk	4 Happy 4 th of July! <i>-no meal service-</i>	Lemon pepper fish 5 Cabbage Red beans and rice Yogurt Milk	Hamburger with bun 6 Sweet potato wedges Lettuce, tomato, onion Mustard/mayo Fruit cobbler Milk	Barbeque chicken 7 Collard greens Yellow rice Fresh fruit Milk
Meatballs with gravy 10 Lima beans Squash casserole Gelatin with fruit Milk	Philly steak & cheese 11 on hoagie roll Potato wedges Peppers, mushrooms, onions Fruit cocktail Milk	Cube steak with gravy 12 Roasted Brussel sprouts Carrots Yellow rice Yogurt Milk	Chipped barbeque 13 chicken with bun Baked beans Coleslaw Spiced apples Milk	Chicken and broccoli 14 rice casserole Sliced carrots Peach crunch Milk
Creole baked fish 17 Okra and tomatoes Rice Fruit cobbler Milk	Tuna salad 18 Tossed salad Potato salad Crackers Fruit cocktail Milk	Beef stew with onions 19 and carrots Black-eyed peas Yellow rice Fresh fruit Milk	Sausage with peppers 20 and onions with roll Rutabagas Lima beans Pudding Milk	Pork Chop with gravy 21 Green peas Macaroni and cheese Pineapple tidbits Milk
Chicken salad 24 Sliced tomatoes, lettuce Pasta salad Crackers Lemon pound cake Milk	Salisbury steak w/gravy 25 Rice Steamed broccoli Squash and onions Fresh fruit Milk	Chicken fricassee 26 Mustard greens Macaroni & cheese Fruit cup Milk	Beef hot dog w/bun 27 Baked beans Cole slaw Ketchup and mustard Fruit cobbler Milk	Spaghetti w/meat sauce 28 Carrots Green beans Garlic bread Fresh fruit Milk
Turkey & cheese on bun 31 Potato salad Carrot raisin salad Lettuce/tomato/mayo Fresh fruit Milk				

*Menu subject to market availability

(912) 236-0363 | www.seniorcitizens-inc.org | toll-free (866) 579-2116