

**\$3.00 Suggested Donation**

# July Menu 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Lemonade <b>Pub Burger w/Au Jus</b> Red Bliss Potato Salad Coleslaw Watermelon Wheat Bread <i>(LS Hot Dog on a Roll)</i>	4 <b>CLOSED</b> <b>Independence Day</b>	<b>5</b> L.S. Beef Noodle Soup <b>Herb Roasted Chicken</b> Diced Potatoes w/Onions Zucchini Coffee Cake Rye Bread <i>(Ham &amp; Swiss on rye)</i>	<b>6</b> Cottage cheese/Pineapple <b>Turkey Meatloaf w/LS Gravy</b> Mashed Potatoes Asparagus Cuts Chocolate Pudding Multi grain Bread <i>(Sliced Chicken on Multi grain)</i>	<b>7</b> Chicken Soup Anci de Pepe <b>Meatballs w/Sauce</b> Whole Grain Pasta Green Beans Jello Snowflake Roll <i>(Shrimp Salad on a Roll)</i>
<b>10</b> Cream of Broccoli Soup <b>Veal w/LS Mushroom Gravy</b> Mashed Potatoes Italian Blend Vegetables Fruited Yogurt Wheat Roll <i>(Tuna on a Roll)</i>	<b>11</b> Kale and Bean Soup <b>Chicken w/Lemon Sauce</b> Rice Pilaf Broccoli Cuts Fresh Fruit Marble Bread <i>(Roast Beef &amp; Cheese on Marble)</i>	<b>12</b> Chicken Gumbo Soup <b>Roast Pork w/ Apple Sauce</b> Mashed Sweet Potatoes Vegetable Blend Wafer Cookie 9-Grain Bread <i>(Turkey &amp; Swiss on 9-Grain)</i>	<b>13</b> 100% Cranberry Juice <b>Turkey Chili</b> Corn Bread Salad w/Southwest Dressing Pineapple <i>(Grilled Chicken w/Jack Cheese on a Roll)</i>	<b>14</b> White Chowder <b>Baked Fish w/Lemon</b> Roasted Potato Sliced Carrots Mixed Fruit Rye Bread <i>(Ham &amp; Cheese on Rye)</i>
<b>17</b> Beef Vegetable Soup <b>Roasted Airline Chicken</b> Sweet Potatoes Tossed Salad w/Dressing Fig Bar Whole Grain Bread <i>(Meatloaf on Whole Grain)</i>	<b>18</b> Onion Soup w/Croutons <b>American Chop Suey</b> Whole Grain Elbows Brussel Sprouts Diced Pears Whole Grain Roll <i>(Seafood Salad on a Roll)</i>	<b>19</b> LS Lentil Soup <b>Baked Ham w/Pineapple</b> Baked Potato/ Lite Sour Cream Diced Carrots Vanilla Pudding Dinner Roll <i>(Italian Grinder)</i>	<b>20 Happy Birthday</b> Pasta & Bean Soup <b>Pot Roast w/LS Gravy</b> Mashed Potatoes Green Beans Frosted Cupcake Wheat Bread <i>(Chicken Salad on Wheat)</i>	<b>21</b> Turkey Vegetable Soup <b>Chicken Marsala</b> Wild Rice Capri Blend Vegetables Fresh Fruit Rye Bread <i>(Tuna on Rye)</i>
<b>24</b> Italian Wedding Soup <b>Fried Steak w/ LS Gravy</b> Brown Rice Mixed Vegetables Peaches Oatmeal Bread <i>(Tuna Salad on Oatmeal)</i>	<b>25</b> Corn Chowder <b>Southwest Entrée Salad w/ Grilled Chicken</b> Soft Flour Tortilla Fresh Apple <i>(Soft Flour Beef Taco w/Side Salad)</i>	<b>26</b> Tomato Basil Soup <b>Shepherds Pie</b> California Blend Vegetables Sponge Cake Wheat Roll <i>(Eggplant on a Roll)</i>	<b>27</b> Vegetable Soup <b>Chicken Cacciatore</b> Corkscrew Pasta Broccoli Lemon Pudding Wheat Bread <i>(Salami &amp; Provolone on Wheat)</i>	<b>28</b> Red Chowder Florentine Fish Roasted Potato Vegetable Blend Apricots Naan Bread <i>(Turkey Salad on Naan)</i>
<b>31</b> Vegetable Soup <b>Swedish Meatballs</b> Buttered Noodles Mixed Vegetables Cookie Whole Grain Roll <i>(Salmon Salad on a Roll)</i>	<b>Suggested Donation \$3.00</b> <b>Thank you for your donations! Checks can be made out to Blackstone Health. Your donations help keep the program going!</b>	<b>Please Inform your Server if you have a food allergy</b>  <i>Tastes from the Southwest are featured on the 13th and 25th of this month</i>	<b>Funded in Part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs</b>	<b>SALAD OF THE MONTH</b> Tuna / Romaine Lettuce Olive / Tomato / Green Peppers Light Italian Dressing