

RENOVO SENIOR CENTER

Jul-22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Lemon Baked Fish Buttered Noodles Stewed Tomatoes Carrot Raisin Salad Banana Half
4 Closed Closed Closed Closed	5 Baked Chicken Parsley Potatoes Green Peas Gelatin Parfait	6 Smothered Beef Steak w/ gravy Mashed Potatoes Cauliflower Mandarin Oranges	7 Creamy Mushroom Chicken Brown Rice Baby Carrots Melon Cup	8 Baked Fish Mac and Cheese Stewed Tomatoes Pineapple Tidbits Cottage Cheese
11 Meatballs w/ mushroom Parley Noodles Brussel Sprouts Tossed Salad Fruit Salad	12 Baked Pork Chop Baked Potato Spinach Gelatin	13 Stuffed Bell Pepper Mashed Potatoes Cucumbers and Onion Fresh Strawberries	14 Rotisserie Chicken Squash Casserole Sliced Carrots Fresh Grapes	15 Fried Shrimp Parsley Potatoes Coleslaw Citrus Gelatin
18 Roast Pork Mashed Potatoes Corn Casserole Mandarin Oranges	19 Pot Roast w/ Gravy Red Skin mashed potatoes Baby Carrots Melon Cup	20 Meatballs w/ Spaghetti Green Beans Pear Slices	21 Roast Turkey Slice Stuffing Mashed Potatoes Creamy Cucumber Salad Watermelon	22 Lemon Pepper Cod Buttered Noodles Country Vegetables Broccoli Garlic Toast Melon cup
25 Baked Chicken Thigh Baked Sweet Potato Broccoli Sunny Pears	26 Sliced BBQ Beef Baked Beans Tomato and Onion Salad Fruit Cocktail	27 Chili with Beans Tossed Salad Fresh Strawberries	28 Teriyaki Grilled Chicken Steamed Rice Stir Fry Veggies Cucumbers and Onion Melon Cup	29 Lemon Baked Fish Buttered Noodles Stewed Tomatoes Carrot Raisin Salad Banana Half