

RENOVO SENIOR CENTER

July

2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| 1 Spaghetti w/ meat sauce Tossed Salad Watermelon | 2 Baked Chicken Parsley Potatoes Green Peas Gelatin Parfait | 3 Smothered Beef Steak w/ gravy Mashed Potatoes Cauliflower Mandarin Oranges | 4 | 5 Fish Mac and Cheese Stewed Tomatoes Pineapple Tidbits Cottage Cheese |
| 8 Mushroom gravy with noodles and meatballs Salad Fruit Cocktail | 9 Baked Pork Chop Baked Potato Spinach Gelatin | 10 Stuffed Bell Pepper Mashed Potatoes Cucumbers and Onion Strawberries Mandarin Oranges | 11 Rotissiere Chicken Squash Casserole Sliced Carrots Fresh Grapes | 12 Fried Shrimp Parsley Potatoes Coleslaw Citrus Gelatin Cottage Cheese |
| 15 Roast Pork Mashed Potatoes Corn Casserole Mandarin Oranges | 16 Pot Roast w/ Gravy Red Skin Mashed Potatoes Baby Carrots Melon Cup | 17 Meatballs w/ Spaghetti Green Beans Pear Slices | 18 Roast Turkey Slice Stuffing Mashed Potatoes Creamy Cucumber Salad Watermelon | 19 Fish Buttered Noodles Country Vegetables Broccoli Garlic Toast Melon Cup |
| 22 Baked Chicken Thigh Baked Sweet Potato Broccoli Sunny Pears | 23 Sliced BBQ Beef Baked Beans Tomato and Onion Salad Fruit Cocktail | 24 Chili with Beans Tossed Salad Fresh Strawberries | 25 Teriyaki Grilled Chicken Steamed Rice Stir Fry Veggies Cucumbers and Onion Melon Cup | 26 Lemon Baked Fish Buttered Noodles Stewed Tomatoes Carrot Raisin Salad Banana Half |
| 29 Spaghetti w/ meat sauce Tossed Salad Watermelon | 30 Baked Chicken Parsley Potatoes Green Peas Gelatin Parfait | 31 Smothered Beef Steak w/ gravy Mashed Potatoes Cauliflower Mandarin Oranges | | |