

West Spfld COA July 2019 Menu ~ Reservation Line: 263-3264

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|---|--|---|--|---|-----------------------------------|
| 1 Chicken Cacciatore Rotini Pasta California Blend Veg. Italian Bread Fresh Peach Apple Juice \$3 | 2 Salisbury Steak Sweet Mashed Potato Broccoli Wheat Bread Vanilla Pudding \$3 | 3 * Hot Dog Baked Beans Cole Slaw Wheat Bun Fig Newton Cookie \$3 | 4 Fourth of July Holiday No Meal Services Today | 5 Fish Loin with Bread Crumb Topping Wild Rice Brussels Sprouts Italian Bread Apricots \$3 | Suggested Weekly Donation \$12 |
| 8— Free Fun Lunch Meatloaf Mashed Potato Normandy Blend Veg Wheat Bread Pears \$3 | 9 Chicken Parmesan Sandwich French Fries 3-Bean Salad Wheat Bun Fresh Watermelon Orange Pineapple Juice \$3 | 10 Liver & Onions Baked Potato Carrots Italian Bread Butterscotch Pudding \$3 | 11 Penne Pasta with Meat Sauce Tossed Salad Italian Bread Fruit Snack Loaf \$3 | 12— Ice Cream Social Swedish Meatballs (chicken meatballs) Egg Noodles Peas Wheat Bread Sliced Peaches \$3 | Suggested Weekly Donation \$15 |
| 15 BBQ Pork Riblets White Rice Corn Wheat Bread Applesauce \$3 | 16 Chicken Stew Mashed Potato Mixed Vegetables Dinner Roll Fruit Cocktail \$3 | 17 * Chef's Salad Turkey, Ham, Cheese, Eggs, Tomatoes, Cucumbers & Black Olives with Italian Dressing & Anzio Roll Fresh Grapes, Cranberry Juice \$3 | 18 Pork Roast Dinner Baked Sweet Potato Green Beans Wheat Bread Chocolate Pudding \$3 | 19 Sloppy Joe Tater Tots Fresh Zucchini Squash Wheat Bun Oreo Cookie \$3 | Suggested Weekly Donation \$15 |
| 22 General Tso's Chicken Jasmine Rice Oriental Blend Veg. Wheat Bread Tapioca Pudding \$3 | 23 Stuffed Pepper Mashed Potato Broccoli & Cauliflower Blend Italian Bread Pineapple Tidbits \$3 | 24 Potato Pollack Fish Sandwich with Tartar Sauce Macaroni Salad Pickled Beets Wheat Bun Mandarin Oranges \$3 | 25— Birthday Lunch Roast Turkey Dinner w/gravy Mashed Potato Peas & Carrots Dinner Roll Strawberry Shortcake \$3 | 26 Shepard's Pie (Hamburg, Potato, Corn) Squash Medley Wheat Bread Fresh Banana Orange Juice \$3 | Suggested Weekly Donation \$15 |
| 29 Baked Chicken Drumstick Yellow Rice Spinach Wheat Bread Fresh Nectarine \$3 | 30 WG Cheese Lasagna Italian Green Beans Italian Bread Banana Pudding Grape Juice \$3 | 31— Ice Cream Social Pulled Pork Rice & Beans Roasted Corn Wheat Bread Blueberry Muffin \$3 | If your Birthday is this month and you live in West Springfield we want to treat you to a free lunch on the last Thursday of this month! An Asterisk * identifies a higher sodium meal. | Meal Reservations are required in advance of the day we serve Please Call 263-3264 To reserve your lunch seat today! | Suggested Weekly Donation \$9 |
| Our Nutrition Program is funded in part by the MA Executive Office of Elder Affairs and the Federal Administration for Community Living | | Suggested Monthly Donation \$66 Meals subject to change without Notice. Donations: \$3/>60 yrs., \$3.75/<60 yrs. | | Lunch—11:30 am—12:15 pm 1 or 2% Milk Daily Multi-Grain Bread 3x/week | |