

JULY

TRI-CITY LUNCH

216-650-4029

Monday/ Lyndhurst	Tuesday/ Lyndhurst	Wednesday/ South Euclid	Thursday/ South Euclid	Friday/ Highland Heights
 * Birthday Cake of the Month Yellow Cake w/White Icing		1 Meat Lasagna Broccoli Tossed Salad w/French Dressing Wheat Bread Sliced Peaches	2 Beef Hot Dog/Bun Mustard/Ketchup Pinto Beans Kale w/Lemon Orange Fig Newton Cookies	3 LUNCH SITE CLOSED
6 Orange Glazed Chicken Baked Potato Broccoli Two Rye Bread Pineapple Tidbits	7 Veal Cutlet Noodles Alfredo Spinach w/Lemon Juice Beets Wheat Bread Sliced Pears	8 Tangy BBQ Rib Patty Baked Beans Tossed Salad w/ French Dressing Whole Wheat Bun Hot Escalloped Apples	9 Mushroom Steak w/Gravy Mashed Potatoes Peas & Shredded Carrots Wheat Bread Banana	10 Chicken Salad Coleslaw Applesauce Orange Juice Wheat Bread Graham Crackers
13 Cheese Burger/Bun Mustard/Ketchup Peas & Pearl Onions Seasoned Wedge Potatoes Mandarin Orange Segments	14 Turkey Fritter Sweet Potatoes Broccoli Two Rye Bread Banana *BIRTHDAY CAKE	15 Spaghetti /w Meat Balls Parmesan Cheese Brussel Sprouts Tossed Salad w/Dressing Fruit Cocktail *BIRTHDAY CAKE	16 Country Fried Steak w/Gravy Brown Rice Black Beans Capri Blend Vegetables Wheat Bread Pineapple Tidbits	17 Breaded Chicken Filet Mashed Potatoes Lima Beans Wheat Bread Sliced Pears
20 Breaded Fish w/Tartar Sauce Spinach w/ Vinegar Mixed Vegetables Two Rye Bread Sliced Peaches	21 Roast Beef / Gravy Mashed Potatoes Green Peas Wheat Bread Pineapple Tidbits Graham Crackers	22 Sliced Turkey/Mayo Potato Salad Pickled Beets Two Rye Bread Orange Juice	23 BBQ Chicken Brown Rice Pilaf Asparagus Carrots Bran Muffin Red Delicious Apple	24 CAFÉ LUNCH
27 Pork Cutlet Sweet Potatoes Mixed Vegetables Two Wheat Bread Nectarine	28 Tuna Salad/Bun Coleslaw Potato Salad Apple Juice Pineapple Tidbits	29 Stuffed Peppers Mashed Potatoes Oriental Vegetables Wheat Bread Fresh Plums	30 Baked Chicken Filet Baked Potato Green & Gold Beans Dinner Roll Tropical Fruit Graham Crackers	31 Rigatoni w/Meat Sauce Broccoli Tossed Salad w/ French Dressing Wheat Bread Sliced Peaches

Approved by Janice Davis, MS, RD,LD

menu also available at www.tri-cityseniors.org