

JULY

Tri-City Lunch

216-650-4029

Monday/ Lyndhurst	Tuesday/ Lyndhurst	Wednesday/ South Euclid	Thursday/ South Euclid	Friday/ South Euclid
 <p>Birthday Cake of the Month German Chocolate Cake w/German Chocolate Icing</p>	<p>menu also available at www.tri-cityseniors.org</p>	<p>Menu Written By Carolynn Scott</p> <p>Approved by Janice Davis, MS, RD,LD</p>	<p>1 Breaded Fish/Tartar Sauce Spinach w/Vinegar Parsley Potatoes Rye Bread Mandarin Orange Segments</p>	<p>2 Breaded Chicken Cutlet Noodles Alfredo Mixed Vegetables Beets Wheat Bread Sliced Pears</p>
<p>5 JULY 4TH HOLIDAY SITE CLOSED</p>	<p>6 Hot Dog/Bun Mustard & Ketchup Broccoli Oven French Fries Apricots</p>	<p>7 Tangy Rib Patty Baked Beans Tossed Salad w/Ranch Dressing Whole Wheat Bread Bun Hot Escalloped Apples</p>	<p>8 Chicken Salad Cole Slaw Applesauce Orange Juice Wheat Bread Graham Crackers</p>	<p>9 Mushroom Steak/Gravy Mashed Potatoes Peas & Shredded Carrots Wheat Bread Banana</p>
<p>12 Turkey Fritter Sweet Potatoes Broccoli Rye Bread Fruit Cocktail</p>	<p>13 Spaghetti/Meatballs Parmesan Cheese Brussel Sprouts Tossed Salad w/Dressing Orange BIRTHDAY CAKE</p>	<p>14 Hawaiian Chicken Mashed Potatoes Green Peas Wheat Bread Sliced Pears</p>	<p>15 Cheese Burger/Bun Mustard & Ketchup Green Beans Corn w/Diced Red Pepper Pineapple Tidbits</p>	<p>16 Breaded Fish/Tartar Sauce Hash Browns Oriental Vegetables Rye Bread Applesauce</p>
<p>19 Stuffed Peppers Parsley Potatoes Buttered Carrots Rye Bread Sliced Pears</p>	<p>20 Orange Glazed Chicken Seasoned Potato Wedges Vegetable Medley Muffin Apple</p>	<p>21 Pork Cutlet Candied Sweet Potatoes Green Peas & Pearl Onions Two Wheat Bread Banana BIRTHDAY CAKE</p>	<p>22 CAFÉ LUNCH BBQ BEEF BRISKET SANDWICH</p>	<p>23 BBQ Chicken Brown Rice Pilaf Green Beans Cranberry Juice Wheat Bread Pineapple Tidbits BIRTHDAY CAKE</p>
<p>26 Veal Patty Seasoned Potato Wedges Pinto Beans Brussel Sprouts Wheat Bread Orange</p>	<p>27 Roast Beef/Gravy Mashed Potatoes Green & Gold Beans Wheat Bread Sliced Pears</p>	<p>28 Tuna Salad/Bun Coleslaw Potato Salad Pineapple Tidbits</p>	<p>29 Vegetable Lasagna Beets Green Peas Wheat Bread Apricots</p>	<p>30 Swedish Meatballs w/Gravy Buttered Noodles Broccoli Cauliflower Rye Bread Sliced Peaches</p>