

Senior Coastsiders Lunch Menu -July 2009

| Monday | Tuesday ** | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| | | 1 Grilled Hanger Steak Warm Potato Salad Green Beans w/ Tomatoes Pineapple Cole Slaw Strawberry Pie | 2 Pan Fried Chicken Peas "Loaded" Mashed Potatoes Green Salad w/ red pepper Dinner Roll | 3 Closed for the Holiday |
| 6 Meat Loaf Monday! Mashed Potatoes Broccoli Green Salad w/ Green Pepper Whole Wheat Bread Canned peaches | 7 Chicken and Noodle Casserole Peas & Carrots Green Salad Fresh Orange | 8 Minestrone Soup Tuna Salad Sandwich on Wheat Bread Green Salad w/green pepper | 9 Cheeseburger w/Grilled Onion Potato Salad Baked beans Cole Slaw Pineapple Chunks | 10 Sausage and Cheese Pizza 3 Bean Salad Green Salad Fresh Banana & Strawberries |
| 13 Country Beef Stew (carrots, potatoes, peas) House Made Biscuits Green Salad w/green pepper Chocolate Pudding | 14 Spaghetti & Meat Balls Green Salad w/ beets & kidney beans Dinner Roll Mandarin Orange Segments | 15 Egg Roll Sweet & Sour Pork (pineapple, red & green pepper) Broccoli Steamed Brown Rice Fresh Orange | 16 <i>Birthday Lunch</i> Green Salad w/ green pepper, kidney beans Pork Roast Scalloped Potatoes Green Beans Dinner Roll Dessert | 17 Mildly Spiced Chicken Enchilada Suiza Rice & Beans Salad Fresh Orange |
| 20 Pepper Steak (Red and Green Peppers) Green Beans Brown Rice Pilaf Green Salad Raspberry Jell-O | 21 Grilled Chicken w/ Teriyaki Sauce Brown Rice Caesar Salad Broccoli Fresh Orange | 22 Jumbo Hot Dog on a Whole Wheat Bun Baked Beans Potato Chips Pineapple Cole Slaw | 23 Lasagna w/ Meat Sauce Green Salad w/ Green Pepper & Garbanzo beans Garlic Bread Peach Halves | 24 Chicken Fajitas Rice Beans Whole Wheat Tortilla Fresh Orange |
| 27 Stuffed Bell Pepper(Ground Turkey Stuffing) Mashed Potatoes Green Beans Whole Wheat Bread Fruit Cocktail | 28 Chicken w/ Dijon Mustard Sauce Roast Red Potatoes Green Beans Whole Wheat Bread Mandarin Oranges | 29 Swedish Meatballs Brown Rice Red Cabbage Green Salad w/ green pepper Whole Wheat Bread | 30 Tuna Patties w/Lemon Sauce Roast Potatoes Spinach Green Salad w/Green pepper Dinner Roll | 31 Turkey Sloppy Joe on a Bun Potato Salad Green Salad w/green pepper Canned Peaches |

**In the event of a menu substitution, an item of equal nutritional value will be served.
Milk served with each meal.*

*** Tuesday meals are provided by Lifemark. Thank You!*