

CHELSEA REVERE WINTHROP ELDER SERVICES - July 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUMMER2 WK I				1-Jul *FLORENTINE FISH*, POTATO SALAD, PEAS AND CARROTS BLEND, DINNER ROLL w/MARGARINE, <u>APPLE CINN. MUFFIN</u>	2-Jul <u>INDEPENDENCE DAY MEAL</u> , *L.S. HOT DOG * W/ KETCHUP AND MUSTARD ON A BUN BAKED BEANS COLESLAW, CHILLED DICED PEACHES	
WK II	5-Jul CLOSED HOLIDAY JULY 4TH CELEBRATED	6-Jul AMERICAN CHOP SUEY w/ <u>GROUND BEEF</u> , GREEN PEAS, DINNER ROLL w/MARGARINE, FRESH ORANGE	7-Jul SAGE STUFFED CHICKEN BREAST W/L.S.GRAVY, CHUCK WAGON VEGETABLES, O'BRIEN POTATOES, WHOLE WHEAT BREAD w/MARGARINE, <u>CHERRY TURNOVER</u>	8-Jul BBQ BEEF CUBES, WHITE RICE, GREEN BEANS , DINNER ROLL w/MARGARINE, *LEMON GRAHAM COOKIE	9-Jul STUFFED SHELLS w/ <u>MEAT SAUCE</u> , PARSLEY POTATO, BROCCOLI, OATMEAL BREAD w/MARGARINE, PINEAPPLE TIDBITS	
WK III	12-Jul BREADED <u>CHICKEN PATTIE</u> ON A BUN W/ MAYO PKT., SEASONED POTATO WEDGES, GREEN PEAS FRESH ORANGE	13-Jul SALISBURY STEAK w/LS GRAVY, EGG NOODLES, BROCCOLI, DINNER ROLL w/MARGARINE, FRESH PLUM	14-Jul TERIYAKI <u>CHICKEN</u> ORIENTAL VEGETABLES, BROWN RICE MULTIGRAIN ROLL w/MARGARINE, CHILLED PINEAPPLE CHUNKS	15-Jul <u>PORK ROAST</u> , w/BROWN GRAVY, SWEET POTATOES, GREEN BEANS, MULTIGRAIN ROLL w/MARGARINE, CHOCOLATE PUDDING	16-Jul HAPPY BIRTHDAY TO OUR JULY CLIENTS *PIER 17 FISH* w/TARTAR SAUCE, VEGETABLE MEDLEY, SCALLOPED POTATOES, OATMEAL BREAD w/MARGARINE, HAPPY BIRTHDAY CAKE	
WK IV	19-Jul <u>MEATLOAF</u> w/L.S. MUSHROOM GRAVY, GARLIC MASHED POTATOES, BLENDED VEGETABLES, OATMEAL BREAD w/MARGARINE, FRESH FRESH NECTARINE	20-Jul PORK CHOP PATTIE W/ L.S. GRAVY ROSEMARY ROASTED POTATO, SEASONED CARROTS, WHEAT BREAD w/MARGARINE, LEMON GRAHAM COOKIE	21-Jul ROASTED CHICKEN w/HONEY DIJON SAUCE, AU GRATIN POTATOES, BROCCOLI , DINNER ROLL w/MARGARINE, POUND CAKE	22-Jul <u>LASAGNA w/MEAT SAUCE</u> , SPINACH & MUSHROOMS COLD 3 BEAN SALAD, DINNER ROLL w/MARGARINE, FRESH PEACH	23-Jul ROAST TURKEY, W/GRAVY, HOT BOW-TIE PASTA SALAD w/ROASTED PEPPER & ARTICHOKE HEARTS, SLICED ZUCCHINI & SUMMER SQUASH DINNER ROLL w/MARGARINE, FRESH PLUM	
	26-Jul BBQ BEEF RIB, POTATO WEDGES, GREEN BEANS, MULTIGRAIN ROLL w/MARGARINE, FRESH PLUM	27-Jul <u>BAKED CHICKEN</u> W/FAJITA SAUCE, SPANISH RICE w/BLACK BEANS, SPINACH, MULTIGRAIN ROLL w/MARGARINE, NECTARINE	28-Jul SLICED <u>HAM</u> W/PINEAPPLE RAISIN SAUCE, CHEDDAR WHIPPED POTATOES, SEASONED CARROTS, LIGHT RYE BREAD w/MARGARINE, <u>ORANGE CRAN. MUFFIN</u> *HIGH SODIUM *	29-Jul <u>SWEDISH MEATBALLS</u> w/L.S. GRAVY, EGG NOODLES, ASPARAGUS, WHEAT BREAD w/MARGARINE, MANDARIN ORANGES	30-Jul *PIER 17 FISH* w/LEMON WEDGE, OVEN ROASTED POTATOES MIXED VEGETABLES, DINNER ROLL w/MARGARINE, <u>CHERRY SNACK AND LOAF MUFFIN</u>	

NOTE: MILK IS SERVED WITH ALL MEALS.

MENU SUBJECT TO CHANGE WITHOUT NOTICE