



Hanna Senior Center Please Call Before 8: 30 A.M For a Meal 307-325-9232

<p><u>JULY</u> <u>2017</u></p> 						<p><u>SATURDAY</u> 1</p>
<p><u>Recommended Serving Sizes</u> 3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk</p>	<p><u>MONDAY</u> 3</p> <p>CLOSED</p>	<p><u>TUESDAY</u> 4</p>  <p>4th of July Holiday</p>	<p><u>WEDNESDAY</u> 5</p> <p>Meatloaf O'Brien Potatoes Spinach Wheat Roll Cherries Milk</p>	<p><u>THURSDAY</u> 6</p> <p>Tuna Casserole Mixed Vegetables Wheat Bread Pears Brownie Milk</p>	<p><u>FRIDAY</u> 7</p> <p>Sweet/Sour Pork Steamed Rice Oriental Vegetable Egg Roll Citrus Fruit Milk</p>	<p><u>SATURDAY</u> 8</p>
<p>Birthdays Pete 9th. Juanita H. 9th San K. 15th</p>	<p><u>MONDAY</u> 10</p> <p>Cheeseburger Lettuce, tomato, onion Tater Tots Peas/Carrots Strawberries Milk</p>	<p><u>TUESDAY</u> 11</p> <p>Turkey Salad on Lettuce leaf Pasta Salad Pickled Beets Crackers Blueberry Buckle Milk</p>	<p><u>WEDNESDAY</u> 12</p> <p>Roast Beef Mash. Pot./gravy Green Beans Wheat Roll Mandarin Oranges Milk</p>	<p><u>THURSDAY</u> 13</p> <p>Baked Pork Chop Rice Pilaf Broccoli Wheat Bread Pineapple Whip Milk</p>	<p><u>FRIDAY</u> 14</p> <p>Beef & Bean Burrito Green chili Fries Tossed Salad Cinnamon Apples Milk</p>	<p><u>SATURDAY</u> 15</p>
	<p><u>MONDAY</u> 17</p> <p>Salisbury Steak Baked Potato Spinach Wheat Bread Apricots Milk</p>	<p><u>TUESDAY</u> 18</p> <p>Chicken Supreme Rice Carrots Wheat Roll Pears Cake Milk</p>	<p><u>WEDNESDAY</u> 19</p> <p>Spaghetti/meat sauce Tossed Salad Garlic Bread Melon Cup Milk</p>	<p><u>THURSDAY</u> 20</p> <p>Baked Ham Sweet Potatoes Cauliflower Wheat Roll Fruit Cocktail Cookie Milk</p>	<p><u>FRIDAY</u> 21</p> <p>Hot Turkey Sand. Mash. Pot./gravy Mixed Vegetables Strawberries Milk</p>	<p><u>SATURDAY</u> 22</p>
<p>Blood Pressure Checks 18th Evening Meal 20th Sr. Cr Advisory meeting 5th. Town Council 11th.</p>	<p><u>MONDAY</u> 24</p> <p>Taco Salad Lettuce, tomato, cheese, onion, chips Refried Beans Corn Peaches Milk</p>	<p><u>TUESDAY</u> 25</p> <p>Pork Roast Au Gratin Potato Broccoli Wheat Roll Country Apple Dessert Milk</p>	<p><u>WEDNESDAY</u> 26</p> <p>Chicken Fried Steak Mash. Pot./gravy Asparagus Wheat Bread Mandarin Oranges Milk</p>	<p><u>THURSDAY</u> 27</p> <p>BBQ Chicken Cole Slaw Baked Beans Wheat Roll Watermelon Milk</p>	<p><u>FRIDAY</u> 28</p> <p>Baked Fish Wild Rice Blend Brussels Sprouts Wheat Bread Fruited Jell-O Whipped Topping Milk</p>	<p><u>SATURDAY</u> 29</p>
	<p><u>MONDAY</u> 31</p> <p>Swedish Meatballs Noodles Zucchini Wheat Roll Cherries Milk</p>					