Hanna Senior Center 307-325-9232 Please call before 8:00 AM for a meal. Non-Seniors must call in.

| **JULY 2018** | **MONDAY 2**<br>Closed | **TUESDAY 3**<br>Meatloaf<br>O'Brien Potatoes<br>Spinach<br>Wheat Roll<br>Cherries<br>Milk<br>Bingo 6:30 | **WEDNESDAY 4**<br>Chicken Strips<br>French Fries<br>3 Bean Salad<br>Bread<br>Peaches<br>Milk | **THURSDAY 5**<br>Tuna Casserole<br>Mixed Vegetables<br>Wheat Bread<br>Pears<br>Brownie<br>Milk | **FRIDAY 6**<br>Cheeseburger<br>Lettuce, tomato, onion<br>Tater Tots<br>Peas/Carrots<br>Strawberries<br>Milk | **SATURDAY 7** |
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| **Recommended Serving Sizes**<br>3 oz. meat<br>½ cup of vegetables<br>½ cup of fruit<br>2 servings of bread or complex carbohydrate<br>1 cup of 2% milk | **MONDAY 9**<br>Sweet/Sour Pork<br>Steamed Rice<br>Oriental Vegetable<br>Egg Roll<br>Citrus Fruit<br>Milk | **TUESDAY 10**<br>Turkey Salad on Lettuce leaf<br>Pasta Salad<br>Pickled Beets<br>Crackers<br>Blueberry Buckle<br>Milk | **WEDNESDAY 11**<br>Roast Beef<br>Mash. Pot./gravy<br>Green Beans<br>Wheat Roll<br>Mandarin Oranges<br>Milk<br>Game Night 6:00 | **THURSDAY 12**<br>Baked Pork Chop<br>Rice Pilaf<br>Broccoli<br>Wheat Bread<br>Pineapple Whip<br>Milk | **FRIDAY 13**<br>Beef & Bean Burrito<br>Green chili<br>Fries<br>Tossed Salad<br>Plums<br>Milk | **SATURDAY 14** |
| Birthdays<br>Pete,C 09<br>San K. 15 | **MONDAY 16**<br>Salisbury Steak<br>Baked Potato<br>Spinach<br>Wheat Bread<br>Apricots<br>Milk | **TUESDAY 17**<br>Chicken Supreme<br>Rice<br>Carrots<br>Wheat Roll<br>Pears<br>Milk<br>Bingo 6:30 | **WEDNESDAY 18**<br>Spaghetti/meat sauce<br>Tossed Salad<br>Garlic Bread<br>Strawberries<br>Milk | **THURSDAY 19**<br>Baked Ham<br>Sweet Potatoes<br>Cauliflower<br>Wheat Roll<br>Fruit Cocktail<br>Milk | **FRIDAY 20**<br>Hot Turkey Sand.<br>Mash. Pot./gravy<br>Mixed Vegetables<br>Melon Cup<br>Cake<br>Milk<br>Evening Meal 5:00 | **SATURDAY 21** |
| | **MONDAY 23**<br>Taco Salad<br>Lettuce, tomato, cheese, onion, chips<br>Refried Beans<br>Corn<br>Peaches<br>Milk | **TUESDAY 24**<br>Pork Roast<br>Au Gratin Potato<br>Broccoli<br>Wheat Roll<br>Country Apple Dessert<br>Milk | **WEDNESDAY 25**<br>Chicken Fried Steak<br>Mash. Pot./gravy<br>Asparagus<br>Wheat Bread<br>Mandarin Oranges<br>Milk<br>Game Night 6:00 | **THURSDAY 26**<br>BBQ Chicken<br>Cole Slaw<br>Baked Beans<br>Wheat Roll<br>Watermelon<br>Milk | **FRIDAY 27**<br>Baked Fish<br>Wild Rice Blend<br>Brussels Sprouts<br>Wheat Bread<br>Fruited Jell-O<br>Whipped Topping<br>Milk | **SATURDAY 28** |
| | **MONDAY 30**<br>Swedish Meatballs<br>Noodles<br>Zucchini<br>Wheat Roll<br>Cherries<br>Milk | **TUESDAY 31**<br>Cheese Pizza w/meat & veggies<br>Tossed Salad<br>½ Orange<br>Milk | | | | |