

Mystic Valley Elder ServicesSenior Dining Choice Menu July 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Please try some of our new menu items this month – look for the items in <u>italics</u>, and an arrow!</i></p> <p> <i>Tell us how you like them!!</i></p>			<p>1 INDEPENDENCE DAY SPECIAL Build a Burger Grilled Hamburger Lettuce/Tomato/Cheese Ketchup/Mustard <i>Summer Potato Salad/Hamburger Roll</i> Roasted Mixed Vegetables Blueberry, Strawberry Vanilla Pudding Parfait/Whipped Topping</p>	<p>2 Vegetable Soup/crackers Mild Creole Fish/creole sauce Mashed Potatoes/Peas/ Bread OR Chicken Patty/Lite Mayo Lettuce Leaf/Potato Salad Cucumber, Carrot, Onion Salad Hamburger Roll Mixed Fruit</p>
<p>5 INDEPENDENCE DAY HOLIDAY</p> 	<p>6 American Chop Suey Grated Parmesan Cheese Italian Vegetable Blend /Bread OR Egg Salad/Lettuce Leaf Spinach Mandarin- Orange Salad/Dressing German Potato Salad/Bread Pistachio Pudding/Topping</p>	<p>7 Seafood Chowder/Crackers Breaded Fish*** Broccoli Cheese Sauce Fresh Garlic Parsley Potatoes Carrots/Bread OR Chicken Salad/Lettuce Leaf Summer Squash Salad Potato Salad/Bread Fresh Fruit</p>	<p>8 Vegetable Pasta Soup/crackers Pot Roast/Brown Gravy Mashed Potatoes Beets/Bread OR Seafood Salad*** Tossed Garden Salad w/ red onions Lite Italian dressing English Pea Salad/Bread Frosted Chocolate Birthday cake w/ vanilla frosting</p>	<p>9 Oriental Vegetable Soup/Crackers Sweet & Sour Chicken/Sauce Rice Pilaf Green Beans/Bread OR Turkey/Cheese Lite mayo/Lettuce Leaf Tomato & Zucchini Salad Corn Salad/Bread Mandarin Oranges</p>
<p>12 Cream of Butternut Squash Soup With Crackers Meatloaf/Brown Gravy Sweet Potatoes Broccoli & Cauliflower/Roll OR California Chicken Salad Creamy Cucumber Dill salad Pasta Salad w/Cheese/Hamburger Roll Chocolate Pudding/Topping</p>	<p>13 Summer Cold Picnic Day Cold BBQ Chicken Sliced Mozzarella Cheese Sliced Red Onions Cole Slaw/Potato Salad/Hamburger Roll OR Tuna Salad/Lo Mein Pasta Salad Tossed Garden Salad w/ red onions Lite Italian Dressing/Bread Watermelon Mousse W/Chocolate Chips</p>	<p>14 Split Pea Soup/Crackers Roast Turkey/Gravy Corn Bread Stuffing/Green Beans Cranberry sauce/Bread OR Roast Beef /American Cheese Mayo packet/Lettuce leaf Balsamic Vinaigrette pasta salad Broccoli tomato salad/Bread Pineapples</p>	<p>15 Clam Chowder/crackers  Baked Haddock/Lemon Sauce <i>Rice Marinara</i> Brussels Sprouts/Muffin OR Peppercorn Turkey Mozzarella Cheese/Lite Mayo Carrot Pineapple Salad Three Bean Salad/Bread Mixed Fruit</p>	<p>16 Stuffed Shells/meatball & Tomato Sauce Zucchini & Summer Squash Tossed Salad Lite Italian Dressing/Bread OR Ham ***/ Swiss Cheese sliced tomato/Mustard Riviera Salad Potato Salad/Bread Fresh Fruit</p>
<p>19 Vegetable Barley Soup/Crackers Creamy Italian Chicken Creamy Italian sauce/O'Brien Potatoes Peas, Mushrooms & Onions/Bread OR Roast Beef/Swiss Cheese Lite Mayo/English Pea salad Tomato Red Pepper Salad/Bread Chef's Choice Dessert</p>	<p>20 Reduced Sodium Hot Dog*** Baked Beans/Ketchup/ mustard /relish Hot Dog Roll/Cole Slaw OR Turkey /American Cheese Lite Mayo Spinach Mandarin Orange Salad w/Lite Dsg Red Potato Salad/Bread Pineapple</p>	<p>21 Ratatouille w/ beef White Rice/Bread OR Egg salad/Lettuce Leaf Purple cabbage cole slaw Orzo vegetable Salad/Bread Mandarin Oranges</p>	<p>22 Minestrone Soup/Crackers Meatball Sub /Tomato Sauce Parmesan Cheese /Hot Three Bean Medley Summer Squash /Soft Sub Roll OR Tuna Salad /Lettuce Leaf Macaroni Salad Beet Salad/Bread Fresh Fruit</p>	<p>23 Vegetable Soup/Crackers  Baked Crumb Topped Macaroni and Cheese <i>Broccoli & Cauliflower w/Tomato Sauce</i> Roll OR  Chicken Salad on lettuce leaf <i>Fruity Rice Salad</i> Tossed Garden Salad w/ red onions Lite Italian Dressing /Bread Fruited Jello w/topping</p>
<p>26 Beef Stew/Peas/Bread OR Breaded Chicken Patty Lite Mayo/Lettuce Leaf Cole Slaw Three Bean Salad Hamburger Roll Pineapples</p>	<p>27 Lentil Soup/crackers Cheese Lasagna/Meatball Tomato sauce Tuscany Style Blend/Roll OR Orange Juice  <i>Cottage Cheese Fruit Plate</i> Greek Pasta Salad Pita Pocket Pears</p>	<p>28 Turkey Broccoli Penne Casserole Carrots/Bread Fresh Fruit OR Chef Salad Lite Italian Dressing Corn Salad/Roll Fresh Fruit</p>	<p>29  Summer Noodle Soup/crackers <i>Open Faced Chicken Cordon Bleu</i> Mashed Potatoes/Spinach Bread OR Tuna Salad/Lettuce Leaf Potato Salad/Riviera Salad/Bread Vanilla Pudding/Topping</p>	<p>30 Clam Chowder Soup/crackers Salmon Boat with Lemon Sauce/Broccoli Red Bliss Potatoes/Bread OR Sliced Turkey/American Cheese Lite Mayo/Lettuce Leaf Pasta Vegetable Salad Roman Blend Salad/Bread Brownie</p>

Items in Bold are for both Menu choices on days when 2 entrees are offered. A donation of \$1.50 per meal is suggested. **** High Sodium Meal ****

For individuals with food allergies, please contact the meal site coordinator for a list of foods, which contain common food allergens.