
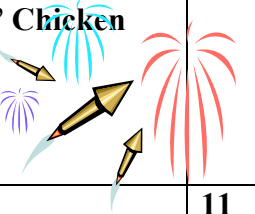

















Monday	Tuesday	Wednesday	Thursday	Friday
2 Spinach Salad, Hard Cooked Egg, Cheese, Water Chestnuts, Mandarin Oranges Breadstick Pears 	3 Confetti Salad Oven "Fried" Chicken Baked Beans Cornbread Watermelon 	4 4 th of July 	5	6 Tossed Salad Beef Lasagna Bread Sticks Seasonal Fresh Fruit 
9 Pickled Beet Salad Soup Egg Salad Sandwich Peaches 	10 Sloppy Joe Baked Beans Potato Salad Tropical Fruit	11 Fish Taco with Shredded Cabbage, Tomato, Cheese and Salsa Rancho Beans Mandarin Oranges 	12	13 Asian Slaw Teriyaki Chicken Rice Asian Vegetables Pineapple 
16 Tossed Salad Chili in Tortilla Bowl Cheese and Onion Fruit Cocktail	17 Carrot Raisin Salad Turkey Cranberry Wrap Pears 	18 Dijon Chicken Apricot Ginger Couscous Broccoli Seasonal Fresh Fruit	19	20 Meatloaf Scalloped Potatoes Peas & Carrots Seasonal Fresh Fruit
23 Tossed Salad Eggplant Parmesan Spaghetti/ Marinara Sauce Capri Vegetables Sherbet 	24 Dilled Cucumber Salad Lemon Pepper Pollock Baked Potato Brussels Sprouts Apricots 	25 Taco Salad with Beef, Cheese, Rancho Beans, Chips, Salsa and Sour Cream Pineapple Flan 	26	27 Broccoli Salad Chicken Ala King in Bread Bowl Zucchini Peaches 
30 Soup Pizza with Veggies Seasonal Fresh Fruit Cookie	31 Pea and Cheese Salad Hot Seafood Sandwich Potato Wedges Pears 			

 1% milk, roll or bread, and fortified margarine are available with all meals. All fresh produce is subject to availability. Substitutions may be made without notice. Suggested meal donation for eligible persons is \$3.00. For non-eligible persons, cost is \$6.00 per meal

Edmonds Senior Center Lunch

July 2018 Every Thursday

11:25 – 12:30PM

Cost: The cost to pay for a lunch on Thursday will be \$4.00

Age requirement: There will be no age requirement to have a lunch on Thursday, everyone pays \$4.00.

You don't need to be a member or be over age 60 to have the lunch.

Menu: We will be coming up with some new lunch entrees. If you have ideas, please let Alma know!

July 5 – Veggie Pesto Mayo Croissant w/ Spinach, Tomato, Cucumber, Onion, Bell Peppers, Cheese, Potato Salad, Fruit, Ice Cream Bar

July 12 – Breakfast Burrito, Hash Brown Pattie, Orange Juice, Fruit Parfait

July 19 – Coleslaw, Bbq Pork, Fries, Fruit, Ice Cream Bar

July 26 – Veggie Soup, Half of a Chicken Salad Sandwich, Fruit, Brownies