

El Mirage Senior Center Menu – July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Hamburger, Red Potato Salad, Baked Beans, Dessert</b>	<b>2</b> <b>Soup of the Day, Cabbage Rolls, Roasted Potatoes, Zucchini, Dessert</b>	<b>3</b> <b>Pork Marsala, Linguine, Cauliflower with Parsley, Dessert</b>	<b>4</b> <b>Senior Center Closed</b>	<b>5</b> <b>Salmon in Wine, Risotto, Roasted Greens, Dessert</b>
<b>8</b> <b>Meat Lasagna, Zucchini, Dessert</b>	<b>9</b> <b>Soup of the Day, Orange Glazed Salmon, Roasted Potatoes, Broccoli and Cauliflower, Dessert</b>	<b>10</b> <b>Mediterranean Chicken, Fettuccini, Italian Vegetables, Dessert</b>	<b>11</b> <b>Beef Stew, Potatoes, Carrots, Celery and Onions, Cabbage, Dessert</b>	<b>12</b> <b>Sesame Dill Fish, Man and Cheese, Broccoli, Dessert</b>
<b>15</b> <b>Curry Chicken, WW Asian Noodles, Asian Blend Veggies, Dessert</b>	<b>16</b> <b>Soup of the Day, BBQ Ribs, Sweet Potato Fries, Brussels Sprouts, Dessert</b>	<b>17</b> <b>Roast Beef with Gravy, Mashed Potatoes, Mushrooms, Carrots, Celery and onions, Dessert</b>	<b>18</b> <b>Pork Roast, Rice, Green Beans, Dessert</b>	<b>19</b> <b>Oven Fish Filet, Tater Tots, Peas and Carrots, Dessert</b>
<b>22</b> <b>Gingered Beef, WW Asian Noodles, Oriental Vegetables, Dessert</b>	<b>23</b> <b>Soup of the Day, Dijon Crusted Chicken Breast, Roasted Potatoes, Spinach and Mushrooms, Dessert</b>	<b>24</b> <b>Garden Quiche, Sweet Potato, Baked Tomato, Dessert</b>	<b>25</b> <b>Turkey Scaloppini, Rice Pilaf, Fresh Green Salad, Dessert</b>	<b>26</b> <b>Baked Cod with Lemon, Potato au Gratin, Zucchini, Dessert</b>
<b>29</b> <b>Country Chicken, Mashed Potato, Corn Dessert</b>	<b>30</b> <b>Soup of the Day, Eggplant Parmesan, Risotto, Zucchini, Dessert</b>	<b>31</b> <b>Roast Turkey, Mashed Potatoes, Green Salad, Dessert</b>	 <b>Lunch Time</b> <small>shutterstock.161123954</small>	