

Menu Calendar for Lehigh County Senior Centers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<p>Swedish Meatballs</p> <p>Broccoli & Cauliflower</p> <p>Buttered WW Rotini</p> <p>Apple Slices, Oat Cookie</p>	<p>Chicken Kiev w/Cream Sauce</p> <p>Scalloped Potatoes</p> <p>Butter Garlic Spinach</p> <p>WW Dinner Roll</p> <p>Peach Applesauce</p>	<p>Hot Dog</p> <p>Roasted Potato Wedges</p> <p>Baked Beans</p> <p>WW Hot Dog Roll</p> <p>Watermelon</p>	<p>4TH OF JULY HOLIDAY CLOSED</p> 	<p>Meatloaf with Gravy</p> <p>Mashed Potatoes</p> <p>Wax Beans</p> <p>WW Dinner Roll</p> <p>Vanilla Greek Yogurt</p>
8	9	10	11	12
<p>BBQ Chicken</p> <p>Succotash</p> <p>Corn Chowder</p> <p>WW Dinner Roll</p> <p>Orange</p>	<p>Cheeseburger</p> <p>Broccoli Slaw</p> <p>Diced Potatoes</p> <p>WW Hamburger Roll</p> <p>Cantaloupe</p>	<p>Western Omelette, Turkey Sausage</p> <p>Breakfast Potatoes</p> <p>WW Biscuit</p> <p>Fresh Fruit Salad</p>	<p>Stuffed Cabbage</p> <p>Mashed Potatoes</p> <p>Diced Beets</p> <p>WW Dinner Roll</p> <p>Greek Yogurt</p>	<p>Chicken Parmesan</p> <p>Normandy Veg Blend</p> <p>Side Salad</p> <p>WW Penne w/Sauce</p> <p>Pound Cake</p>
15	16	17	18	19
<p>Italian Sausage & Peppers</p> <p>Broccoli</p> <p>Buttered Brown Rice</p> <p>Clementine</p>	<p>Chicken Tenders</p> <p>Green Beans</p> <p>Roasted Potato Wedges</p> <p>WW Dinner Roll</p> <p>Fresh Fruit Salad</p>	<p>Beef Stew</p> <p>Mashed Potatoes</p> <p>Carrots</p> <p>WW Biscuit</p> <p>Vanilla Pudding</p>	<p>Breaded Fish Sandwich</p> <p>Roasted Red Potatoes</p> <p>Minestrone Soup</p> <p>WW Sandwich Roll</p> <p>Cantaloupe</p>	<p>Roast Pork</p> <p>Haluski</p> <p>Peas & Pearl Onions</p> <p>Noodles</p> <p>Chocolate Chip Cookie</p>
22	23	24	25	26
<p>Vegetable Lasagna</p> <p>Normandy Vegetable Blend</p> <p>WW Dinner Roll</p> <p>Vanilla Greek Yogurt</p>	<p>BBQ Pulled Pork</p> <p>Sweet Potato Waffle Fries</p> <p>Vegetable Soup</p> <p>WW Sandwich Roll</p> <p>Fresh Fruit Salad</p>	<p>Stuffed Cordon Chicken w/Sauce</p> <p>Mashed Potatoes</p> <p>Brussels Sprouts</p> <p>WW Dinner Roll</p> <p>Sugar Cookie</p>	<p>Meatball Sandwich</p> <p>Roasted Potato Wedges</p> <p>Side Salad</p> <p>WW Hot Dog Roll</p> <p>Fresh Orange</p>	<p>Teriyaki Chicken</p> <p>Broccoli</p> <p>Brown Rice</p> <p>Dinner Roll</p> <p>Diced Peaches</p>
29	30	31	<p>JULY 2024 HOT MENU CALENDAR</p> 	
<p>Swedish Meatballs</p> <p>Broccoli and Cauliflower</p> <p>Buttered WW Rotini</p> <p>Apple Slices & Oat Cookie</p>	<p>Chicken Kiev</p> <p>Scalloped Potatoes</p> <p>Butter Garlic Spinach</p> <p>WW Dinner Roll</p> <p>Peach Applesauce</p>	<p>Hot Dog</p> <p>Roasted Potato Wedges</p> <p>Baked Beans</p> <p>WW Hot Dog Roll</p> <p>Watermelon</p>		

If you'd like to have lunch with us, please place your order by 10am the day before.

Lite Fare Menu Calendar for Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<p>Turkey and Gouda Sandwich</p> <p>Baby Carrots w/ Ranch</p> <p>Whole Wheat Bread</p> <p>Mango</p>	<p>Roast Beef & Pepper Jack Sandwich</p> <p>Broccoli Salad</p> <p>Whole Wheat Bread</p> <p>Fresh Pear</p>	<p>Greek Salad w/ Chicken</p> <p>Salad Greens</p> <p>WW Dinner Roll</p> <p>Mixed Fruit</p>	<p>4TH OF JULY HOLIDAY</p> 	<p>Grilled Chicken & Cheese Sandwich</p> <p>Four Bean Salad</p> <p>WW Sandwich Roll</p> <p>Fresh Fruit Salad</p>
8	9	10	11	12
<p>Roast Beef Club Sandwich</p> <p>Cucumbers w/ Ranch</p> <p>WW Club Roll</p> <p>Fresh Pear</p>	<p>Ham and Cheddar Sandwich</p> <p>Diced Beets</p> <p>Whole Wheat Bread</p> <p>Pineapple</p>	<p>Chicken Caesar Salad</p> <p>Salad Greens</p> <p>WW Dinner Roll</p> <p>Strawberry Banana Applesauce</p>	<p>Grilled Chicken & Swiss Sandwich</p> <p>Coleslaw</p> <p>WW Sandwich Roll</p> <p>Apple Slices</p>	<p>Spring Mix Salad with Chicken</p> <p>Salad Greens</p> <p>WW Dinner Roll</p> <p>Fresh Orange</p>
15	16	17	18	19
<p>Turkey and Provolone Sandwich</p> <p>Three Bean Salad</p> <p>Whole Wheat Bread</p> <p>Orange</p>	<p>Roast Beef Salad</p> <p>Salad Greens</p> <p>WW Dinner Roll</p> <p>Peaches</p>	<p>Harvest Chicken Salad</p> <p>Salad Greens</p> <p>WW Dinner Roll</p> <p>Mandarin Oranges</p>	<p>Turkey & Cheddar Sandwich</p> <p>Broccoli Salad</p> <p>Whole Wheat Bread</p> <p>Fresh Pear</p>	<p>Tuna Salad Sandwich</p> <p>Coleslaw</p> <p>WW Sandwich Roll</p> <p>Fresh Fruit Salad</p>
22	23	24	25	26
<p>Turkey and Gouda Sandwich</p> <p>Baby Carrots w/ Ranch</p> <p>Whole Wheat Bread</p> <p>Mango</p>	<p>Roast Beef & Pepper Jack Sandwich</p> <p>Broccoli Salad</p> <p>Whole Wheat Bread</p> <p>Fresh Pear</p>	<p>Greek Salad w/ Chicken</p> <p>Salad Greens</p> <p>WW Dinner Roll</p> <p>Mixed Fruit</p>	<p>Chef Salad with Turkey</p> <p>Salad Greens</p> <p>WW Dinner Roll</p> <p>Fresh Orange</p>	<p>Grilled Chicken & Cheese Sandwich</p> <p>Four Bean Salad</p> <p>WW Sandwich Roll</p> <p>Fresh Fruit Salad</p>
29	30	31	<p>JULY 2024</p> <p>Lite Fare Menu</p> <p>CALENDAR</p> 	
<p>Roast Beef Club Sandwich</p> <p>Cucumbers w/ Ranch</p> <p>WW Club Roll</p> <p>Fresh Pear</p>	<p>Ham and Cheddar Sandwich</p> <p>Diced Beets</p> <p>Whole Wheat Bread</p> <p>Pineapple</p>	<p>Chicken Caesar Salad</p> <p>Salad Greens</p> <p>WW Dinner Roll</p> <p>Strawberry Banana Applesauce</p>		

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