




JULY MENU



PRINEVILLE SENIOR CENTER 180 NE Belknap Prineville PH. #541 447-6844
 DIAL-A-RIDE: 541 385-8680 (Mailing address: P.O. Box 553, Prineville, OR 97754)
 Sugg. Donation \$5.00 for individuals 60+ Togo meals \$5.25. Partners with Council on Aging

MENUS MAY BE SUBJECT TO CHANGE WITHOUT NOTICE

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
1. Fruit Cup Breakfast Frittata Hash Browns Biscuits and Jelly Muffins	2. Oriental Salad Orange Chicken over Rice Stir Fry Vegetables Brownies	3. Cole Slaw Hot Dog on Bun Chips Watermelon Ice Cream Social 	4. Happy 4 th of July  Senior Center Closed	5. Senior Center Closed
8. Cucumber Salad Pulled Pork Sandwich Tater Tots Mixed Vegetables Parfait	9. Beets Grilled Chicken Ceaser Salad Garlic Bread Cookies	10. Green Salad Spaghetti with Meat Sauce Green Beans Bread Pineapple Upside Down Cake	11. 3-Bean Salad Sub Sandwiches Chips Fruit Lemon Bars	12. Cottage Cheese with Fuit Chili with Cheese and Onions Peas and Carrots Crackers Ice Cream Bars
15. Green Salad Pizza Chips Fruit Pudding	16. Tropical Fruit Enchiladas Refried Beans Green Beans Apple Crisp	17. Broccoli Slaw Pot Roast Mashed Potatoes and Gravy Brussel Sprouts Rolls Strawberry Short Cake	18. Pears Chicken Alfredo Broccoli Garlic Bread Cherry Cobbler	19. Macaroni Salad Chicken Salad Sandwich Chips Fruit Cookies
22. Ceaser Salad Chicken Parmesan Bow Tie Pasta Italian Green Beans Garlic Bread Pudding	23. Watermelon Sloppy Joes Potato Wedges Carrots Jello	24. Birthday Lunch Ambrosia Salad Ham with Orange Sauce Scalloped Potatoes Steamed Cabbage Rolls Ice Cream and Cake 	25. Apple Sauce Chicken Bacon Ranch Bake Winter Blend Vegetables Bread Dump Cake	26. Potato Salad Hamburgers on Bun with all the trimmings Chips Fruit Cookies
29. Cottage Cheese Chicken Apple Salad on a bed of Lettuce Chips Bread Sherbet	30. Tropical Fruit Taco Salad with all the Trimmings Tortilla Chips Pudding	31. Cole Slaw Chicken Fried Steak Mashed Potatoes and Gravy California Blend Vegetables Rolls Peanut Butter Bars		