

JULY MENU

HERMANSVILLE SENIOR CENTER

Mon

Tue

Wed

Thu

Fri

<p>2 Goulash Corn Bread/Butter Fruit</p>	<p>3 BBQ Chicken Baked beans Potato salad Red, White, Blue Dessert</p>	<p>4 CLOSED FOR FOURTH OF JULY</p>	<p>5 Pasty Coleslaw Copper Penny Salad Tropical Fruit</p>	<p>6 BLT wrap Zucchini/Tomato Salad Bag of Chips Yogurt/Blueberries</p>
<p>9 Ring Bologna Oven Potatoes Mixed Vegetables Fruit</p>	<p>10 Shepard's Pie (Mash Potatoes, Ground Beef, Cream Corn) Strawberry Spinach Salad Escaloped Apples</p>	<p>11 BBQ Ribs Twice-Baked Potato Key West Vegetables Fresh Fruit</p>	<p>12 Tater Tot Taco Casserole Mexi-Corn Cornbread Fruit Cup</p>	<p>13 Chicken Noodle Soup Egg Salad Sandwich Chilled-Vegetable Salad Lemon/Blueberry Dessert</p>
<p>16 Swiss Chicken with Mushrooms Garlic-Mashed Potatoes Broccoli Fruit</p>	<p>17 Stuffed Green Peppers California Blend Veggies Garlic Bread Snowball Dessert</p>	<p>18 Swedish Meatballs Mashed Potatoes/Gravy Cucumber Salad Warm Bread Pudding Dessert</p>	<p>19 Pork Chop Boiled Potatoes Garden Salad Applesauce</p>	<p>20 Cold Tuna Macaroni Salad Zucchini Bean Salad Mandarin Orange Fluff</p>
<p>23 Biscuits and Gravy Scrambled Eggs Hash Browns Fresh Orange</p>	<p>24 Lasagna Caesar Salad Garlic Bread Fruit Crisp</p>	<p>25 Bourbon Steak Coconut Rice Italian Vegetables Tomato/Zucchini Salad Orange/Pineapple Cake</p>	<p>26 Baked Chicken Mashed Potatoes and Gravy Peas Fruited Jello</p>	<p>27 Meatloaf Baked Potato Green Beans Pistachio Dessert</p>
<p>30 Pizza Casserole Corn Breadstick Fruit</p>	<p>31 Cranberry-Glazed Pork Loin Boiled Potatoes Key Largo Vegetables Applesauce</p>	<p style="text-align: center;">Menu is for all our senior centers. Call your senior center with questions/comments.</p> 		

[HOW DO I GET TO THE SENIOR CENTER?](#)

[EMAIL THE CENTER](#)

WEEKLY ACTIVITIES: **HERMANSVILLE** 498-7735

Every Tuesday, Fun Bingo, 12:45 p.m.

Every Friday, Fun Bingo, 12:45 p.m.

ACTIVITIES:

Guest Speaker, CAA Senior Services Director Sally Kidd, July 3, 11 a.m. **4th of July Party**, July 3, noon (call 498-7735 at least one day prior to reserve a seat). **Closed July 4.** **Diabetic Classes**, July 11, July 18, July 25, Aug. 1, 9:30 a.m. to noon (call 498-7735 at least one day prior to reserve a seat). **Craft Day**, July 16, 1 p.m. **Foot clinic**, July 17, (call 498-7735 to make an appointment). **Birthday Dinner**, July 26, noon (call 498-7735 at least one day prior to reserve a seat).

(NOTE: See July newsletter to see the Hermansville turtle rescuers in action!)