

JULY MENU **ROCK SENIOR CENTER**

Mon **Tue** **Wed** **Thu** **Fri**

2 Goulash Corn Bread/Butter Fruit	3 BBQ Chicken Baked beans Potato salad Red, White, Blue Dessert	4 CLOSED FOR FOURTH OF JULY	5 Pasty Coleslaw Copper Penny Salad Tropical Fruit	6 CLOSED
9 Ring Bologna Oven Potatoes Mixed Vegetables Fruit	10 Shepard's Pie (Mash Potatoes, Ground Beef, Cream Corn) Strawberry Spinach Salad Escalloped Apples	11 BBQ Ribs Twice-Baked Potato Key West Vegetables Fresh Fruit	12 Tater Tot Taco Casserole Mexi-Corn Cornbread Fruit Cup	13 CLOSED
16 Swiss Chicken with Mushrooms Garlic-Mashed Potatoes Broccoli Fruit	17 Stuffed Green Peppers California Blend Veggies Garlic Bread Snowball Dessert	18 Swedish Meatballs Mashed Potatoes/Gravy Cucumber Salad Warm Bread Pudding Dessert	19 Pork Chop Boiled Potatoes Garden Salad Applesauce	20 CLOSED
23 Biscuits and Gravy Scrambled Eggs Hash Browns Fresh Orange	24 Lasagna Caesar Salad Garlic Bread Fruit Crisp	25 Bourbon Steak Coconut Rice Italian Vegetables Tomato/Zucchini Salad Orange/Pineapple Cake	26 Baked Chicken Mashed Potatoes and Gravy Peas Fruited Jello	27 CLOSED
30 Pizza Casserole Corn Breadstick Fruit	31 Cranberry-Glazed Pork Loin Boiled Potatoes Key Largo Vegetables Applesauce	<div style="border: 2px solid red; padding: 5px;"> <p style="color: red; margin: 0;">Menu is for all our senior centers. Call your senior center with questions/comments.</p>  </div>		

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

WEEKLY ACTIVITIES (center closed on Fridays): **ROCK** 356-6420

Every Monday, Dime bingo, 12:30-2:15 p.m.
 Every Tuesday, Play cards, 1-4:30 p.m. Evening meal, 5 p.m.
 Every Wednesday, Play cards, 10:30 a.m. to 3 p.m.

OTHER ACTIVITIES:
 BBQ Chicken Dinner, July 3, 5 p.m. (call 356-6420 at least one day prior to reserve a seat). Closed July 4. Senior Corporation Dance, July 8, 1-5 p.m. Crafts with Mollie (paper making), July 9, 1 p.m. Bake sale, July 10, 4-6 p.m. Movie Day ("Butch Cassidy and the Sundance Kid"), July 12, 12:45 p.m. Crafts with Mollie (painted rocks), July 16, 1 p.m. Spin the wheel, July 17, 6 p.m. Monthly Food Distribution, July 18, 8 a.m. to 3 p.m. Birthday Party, July 25, noon (call 356-6420 at least one day prior to reserve a seat).