



# July MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<div style="border: 2px solid red; border-radius: 15px; padding: 10px; text-align: center;"> <p><b>JOIN US FOR LUNCH!</b>            Lunch is served at OPC Mon - Fri at noon            Reservations required -            Call 248.659.1032 by 11 am the day prior            COST: 60 &amp; over - \$3 donation   Under 60 - \$4 charge</p> </div>			<b>1 Pub Burger on Bun</b> Baked Beans Potato Salad Cole Slaw Watermelon
<b>4 BUILDING CLOSED</b>	<b>5 Tuscan Chicken</b> Red Skin Potatoes California Blend Apricots Dinner Roll	<b>6 Beef Pastie w/Gravy</b> Three Bean Salad Zucchini Cole Slaw Ambrosia Dinner Roll	<b>7 Roasted Turkey w/Gravy</b> Garlic Mashed Potatoes Asparagus Garden Salad Mixed Fruit/Corn Muffin	<b>8 Mostaccioli w/Meat Sauce</b> Carrots Romaine Salad Pear Slices Wheat Roll
<b>11 Swedish Meatballs</b> Noodles Scandinavian Blend Pea Salad Fruit Salad Dinner Roll	<b>12 Chinese Chicken Casserole</b> Rosemary Roasted Potato Prince Charles Blend Grapes Whole Wheat Bread	<b>13 Chicken a la King</b> Whole Potatoes Mixed Vegetables Fruit Salad Breadstick	<b>14 Italian Ravioli</b> Savory Spinach Cabbage Pineapple Slaw Wheat Bread Orange	<b>15 Lemon Chicken</b> Vegetable Rice Pilaf Cole Slaw Apple Breadstick
<b>18 Macaroni &amp; Cheese</b> Herbed Green Beans Beets Fruit Cocktail Corn Muffin	<b>19 Chinese Chicken Casserole</b> Carrot Salad Oriental Blend Vegetable Grapes Dinner Roll	<b>20 Italian Lasagna</b> Italian Cut Green Beans Romaine Salad Fruit Medley Italian Bread	<b>21 Pizza</b> Three Bean Salad Creamy Cole Slaw Red Apple Cookie	<b>22 Baked Cod</b> Baked Potato Broccoli Cuts Apricots Dinner Roll
<b>25 Salisbury Steak</b> Parsley Potatoes Roasted Brussel Sprouts Sliced Peaches Wheat Bread	<b>26 Escaloped Chicken &amp; Noodle</b> Green Beans Cabbage Slaw Banana Wheat Bread	<b>27 Ham Low Sodium</b> Au Gratin Potatoes Mixed Vegetables Garden Salad Fresh Pear Dinner Roll	<b>28 Spanish Rice w/Meat</b> Key Wet Vegetable Carrot Salad Fruit Cup Whole Wheat Roll	<b>29 Chicken w/Gravy</b> Red Skin Potatoes Mixed Vegetable Fruit Salad Dinner Roll

Older Persons' Commission | 650 Letica Drive | Rochester, MI | 48307 248.656.1403

The Senior Nutrition Program of the Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. Contact information: [www.aaa1b.org](http://www.aaa1b.org) • 1.800.852.7795