




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>July 5</p> 	<p>July 6</p> <p>HAPPY 4TH OF JULY!!!</p> <p>Pulled Pork Sandwich 1/2c Potato Salad 1/2c Baked Beans Sandwich Roll Watermelon</p>	<p>July 7</p> <p>Pot Roast 1/2c Whipped Potatoes w/ Gravy 1/2c Carrots Wheat Bread 1/2c Sliced Pears</p>	<p>July 8</p>	<p>July 9</p>
<p>July 12</p> <p>Baked Breaded Chicken Cutlet 1/2c Scalloped Potatoes 1/2c Tomato & Cucumber Salad White Bread 1/2c Pears</p>	<p>July 13</p> <p>Roasted Pork w/ Mushroom Sauce 1/2c Vegetable Rice Pilaf 1/2c Green Beans Wheat Bread 1/2c Pineapple Delight</p>	<p>July 14</p> <p>Baked Meatloaf w/ Gravy 1/2c Baked Potato w/ Margarine 1/2c Corn Wheat Bread Cookie</p>	<p>July 15</p>	<p>July 16</p>
<p>July 19</p> <p>Baked Ham w/ Raisin Sauce 1/2c Sweet Potatoes 1/2c Beets Wheat Bread Cookie</p>	<p>July 20</p> <p>Penne & Meatballs (4) w/ Marinara 3/4c. Pasta w/ Sauce 1c Tossed Salad w/ Dressing Italian Bread 1/2c Pineapple</p>	<p>July 21</p> <p>Warm Roast Beef Sandwich w/ Mozzarella 1/2c Roasted Parmesan Redskins 1/2c Carrots Sandwich Roll Fresh Banana</p>	<p>July 22</p>	<p>July 23</p>
<p>July 26</p> <p>BBQ Riblette Coleslaw Cornbread Square 1/2 c. Diced Peaches</p>	<p>July 27</p> <p>Fiesta Chicken Salad (fajita chicken,cheddar,salsa,sour cr) 1c Mixed Greens w/ Tortilla Strips Corn & Black Bean Salad WG Dinner Roll Fresh Fruit</p>	<p>July 28</p> <p>Kielbasa 2 Tbsp Sauerkraut 1/2c Whipped Potatoes 1/2c Green Beans 2 WW Bread 1/2c Pudding</p>	<p>July 29</p>	<p>July 30</p>

Please call the center at 717-938-4649 to reserve your meal by 10:30 AM at least one business day in advance.

Thursday and Friday meals are frozen and must be picked up on Wednesdays.

*** Served daily: 8 ounces milk ~ All meals are subject to change ***