

July 2018

Helderberg Senior Center Dining
1360 Helderberg Trail, Berne

Name: _____



Lunch 12:00 PM For reservations call Karen Stark at 518-937-5963 by 10:00 am the day before the meal.

<p align="center">Monday 2</p> <p>A. American Goulash Dinner Salad Pasta <i>Wheat Bread</i> <i>Mandarin Oranges</i></p> <p>B. Chef Salad with Muenster Cheese, Ham, Egg & Turkey Romaine, Tomatoes, Carrots Ranch Dressing</p> <p>C. Baked Fish</p>	<p align="center">Tuesday 3</p> <p>A. Hot Dog Baked Beans Cole Slaw Hot Dog Bun Watermelon <i>Birthday Cake</i></p> <p>B. Baked Fish</p>	<p align="center">Friday 6</p> <p>BLT Bow Tie Pasta Salad w/ Chicken Cucumber Radish Salad Pineapple Juice Wheat Bread Oatmeal Cookie</p>	<p align="center">Monday 9</p> <p>A. Fish w/ Tomato Salsa Rice Pilaf California Blend Vegetables Wheat Bread <i>Apple Juice</i> <i>Lemon Pudding</i></p> <p>B. Tuna Salad Sandwich on Wheat Spinach Salad</p> <p>C. Baked Chicken Breast</p>
<p align="center">Tuesday 10</p> <p>A. Macaroni & Cheese Seasoned Zucchini & Tomatoes Dinner Roll <i>Pineapple Chunks</i></p> <p>B. Chicken Salad Sandwich on Wheat Marinated Tomato & Cucumber Salad</p> <p>C. Baked Fish</p>	<p align="center">Friday 13</p> <p>A. Turkey Ruben Sandwich Tomato Soup Rye Bread Mixed Berries w/ Whipped Cream</p>	<p align="center">Monday 16</p> <p>A. Lasagna Roll-Ups w/ Marinara Sauce Italian Blend Vegetables Wheat Bread <i>Tapioca Pudding</i></p> <p>B. Ham Salad Sandwich on Wheat Italian Carrot Raisin Salad Orange Juice</p> <p>C. Baked Fish</p>	<p align="center">Tuesday 17</p> <p>A. Oregano Lemon Chicken Garlic Rosemary Potatoes California Blend Rye Bread <i>Cranberry Juice</i> <i>Applesauce Cake</i></p> <p>B. Soft Chicken Taco Mexican ColeSlaw</p> <p>C. Baked Fish</p>
<p align="center">Friday 20</p> <p>A. Peach Glazed Chicken Mashed Sweet Potatoes Suatated Summer Squash Peaches Rye Bread Brownie</p> <p>C. Baked Fish</p>	<p align="center">Monday 23</p> <p>A. Baked Fish w/ Tartar Sauce Mashed Sweet Potato Cauliflower Dinner Roll <i>Chocolate Pudding</i></p> <p>B. Turkey Bacon BLT Three Bean Salad Apple Juice Wheat Bread</p>	<p align="center">Tuesday 24</p> <p>A. Turkey w/ Gravy Mashed Potatoes Peas & Carrots Wheat Stuffing <i>Applesauce Cake</i></p> <p>B. Roast Beef Sandwich Lettuce & Tomatoes Pickled Beet Salad Pineapple Orange Juice Rye Bread</p>	<p align="center">Friday 27</p> <p>A. Roasted Pork Loin w/ Gravy Scalloped Potatoes Carrots Rye Bread Cinnamon Applesauce</p> <p>C. Baked Fish</p>

	C.Chicken	C. Baked Fish	
Monday 30	Tuesday 31		
A. Chicken Primavera Pasta <i>Wheat Bread</i> <i>Tropical Fruit Salad</i>	A. Sloppy Joe Sautéed Summer Squash Roasted Red Potatoes Hamburger Bun <i>Watermelon</i>		
B. BLT Pasta Salad w/ Chicken V-8 juice	B. Pita Sandwich w/ Chicken, Hummus, and vegetables Sliced Cucumbers		
C. Baked Fish	C. Baked Fish		