

LUNCH CALENDAR

JULY, 2022

Whole grain bread or an alternate and 2% milk are offered with each meal. Luncheon reservations are required. Menu is subject to change. The Fulton County Meal Program is financed with meal donations, local levy funds, and AOoA grant funding. Ingredient information is available upon request.

Meal Reservations: 419-337-9299

LS Alt = Lower Sodium Alternative (**Items must be ordered at least one week in advance**)

SUGGESTED DONATION: \$3.00. LUNCH SERVED AT NOON.

LF Alt = Low Fat Alternate (**Items must be ordered at least one week in advance**)

Checks Payable to: Fulton County Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Hamburger Gravy Mashed Potatoes Green & Wax Beans Peaches 1
4 CLOSED FOR INDEPENDENCE DAY	5 Chicken Breast Sandwich Rosemary Potato Wedges Mixed Vegetables Tropical Fruit Granola Bars	6 Cold Plate Turkey Salad Croissant w/Lettuce & Tomato Kidney Bean Salad Cheese Cubes Watergate Salad	7 Salisbury Steak Mashed Potatoes Sugar Snap Peas Fresh Fruit	8 Sausage Gravy & Biscuits Hash Brown Casserole Corn Pudding Pineapple
11 Cheese Burgers Seasoned Potato Wedges Succotash Ambrosia	12 Breaded Pork Chops Rice Pilaf Brussels Sprouts Dark Sweet Cherries Vegetable Juice	13 Swiss Steak Mashed Potatoes Peas & Onions Pears Yogurt	14 Hamloaf (LS Alt=Meatloaf) Sweet Potatoes California Blend Applesauce	15 Baked Fish Macaroni & Cheese Stewed Tomatoes Fresh Fruit Juice
18 Chicken & Noodles Mashed Potatoes Green Beans Grapes	19 Ham & Bean Soup (LS Alt=Tomato Soup) Egg Salad Sandwich Tossed Salad Jell-O	20 Smoked Sausage & Sauerkraut (LS Alt=Turkey Franks) Smashed Red Potatoes Winter Squash Orange Sections	21 Pot Roast Boiled Potatoes Carrots Fresh Fruit	22 Goulash Cooked Cabbage Summer Squash Mixed Fruit Ice Cream
25 Baked Chicken Mashed Potatoes Peas w/Mushrooms Fresh Fruit	26 Baked Ham (LS Alt=Roast Pork) Scalloped Potatoes Steamed Broccoli Baked Apples	27 Chili w/Beans Mexican Style Rice Seasoned Corn Bananas Juice	28 Steamed Franks (LS Alt=Chicken Breast) Baked Beans Mixed Vegetables Pineapple Cookies	29 Pasta w/Meatballs Steamed Cauliflower Italian Green Beans Peaches