

JULY | 2021

Palmyra Senior Center



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30
<p>12 Roast Turkey Cornbread Stuffing California Medley Wheat Bread Oatmeal Cookie</p>	<p>13 Roast Porkloin & Gravy Green Beans Broccoli Dinner Roll/Margarine Diced Pears</p>	<p>14 Chicken Florentine Cauliflower Sweet Potatoes Dinner Roll/Margarine Pineapple Tidbits</p>	<p>15 Beef Stew Mashed Potatoes Broccoli Florets Dinner Roll/Margarine Mandarin Oranges</p>	<p>16 Spaghetti with Meatballs Italian Beans Dinner Roll/Margarine Fresh Melon Cup</p>
<p>19 Ground Beef Steak Roasted Potatoes Brussels Sprouts Tropical Fruit Dinner Roll</p>	<p>20 Pulled BBQ Pork Mashed Potatoes Green Beans Wheat Bun Banana</p>	<p>21 Beef Ravioli Green Peas Sliced Carrots Wheat Bread/Margarine Mixed Fruit</p>	<p>22 Turkey Chili Broccoli with Cheese Sauce Peach Crisp Tossed Salad/Dressing Dinner Roll/Margarine</p>	<p>23 Jerk Spiced Tilapia Cheese Grits Glazed Carrots Dinner Roll Mandarin Oranges</p>
<p>26 Falita Chicken over Rice Seasoned Black Beans Brownie Bake Dinner Roll Applesauce</p>	<p>27 Teriyaki Beef Redskin Mashed Potatoes Capri Vegetables Pineapple Chunks Oatmeal Cookie Dinner Roll</p>	<p>28 Chicken Parmesan over Penne Pasta Broccoli Baked Pears Dinner Roll/Margarine</p>	<p>29 Chopped Beef Steak Green Beans Mashed Potatoes Wheat Bread Mixed Fruit Cookie</p>	<p>30 Shrimp Creole Rice Pilaf Broccoli Apple Crisp Dinner Roll</p>



(all Meals Served with
1/2pint milk)

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