

## JULY 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Beans & Franks Casserole Corn Bread Assorted Pies  Join the Ping Pong Team!	2 Baked Stuffed Fish Oven Roasted Potatoes Carrot Coins Apple
5 4th of July Holiday  Closed	6 Stuffed Peppers Mashed Potato Green Beans Ice Cream  10 am Meet Larry Bright New Computer Teacher	7 Chicken Florentine Brown Rice Mixed Vegetables Peaches  1 pm Hand & Foot (weekly)	8 Spaghetti & Meatballs Tossed Salad Frosted Cake	9 Roast Pork w/gravy Sweet Potato California Blend Veg. Citrus Fruit  5 pm Marshview Gallery Artist Reception
12 Salisbury Steak Mashed Potato Peas & Carrots Sherbert  12:45 What is in your wallet?	13 Chicken Teriyaki Wild Rice Oriental Blend Veg. Pears  12:40 Lyme Disease Lecture	14 Estuary Burger Mixed Vegetables Chocolate Pudding  12:45 Manage Arthritis Pain	15 Tilapia Baked Potato Stewed tomatoes Banana  Turn in your Big Tomato Contest form!	16 Meatloaf Mashed Potato Broccoli Brownies
19 Stuffed Shells w/sauce Zucchini Crushed pineapple	20 Beef Stew w/potatoes & mixed veg. Biscuit Jell-o	21 Chicken Caesar Salad Mandarin Oranges Whole Wheat Roll  Free Hearing Screenings By appointment, Pg 4	22 Pot Roast w/gravy Roasted Potato Butternut Squash Cookies	23 Tuna Salad Sandwich Cold Beet Salad Orange
26 Swedish Meatballs Mashed Potatoes Whole Baby Carrots Vanilla Pudding	27 Chicken & Broccoli Rice Pilaf Cauliflower Fruit Cocktail	28 Beef Stroganoff Egg Noodles Beets Italian Ice  9:45 am Free Fitness Screening	29 Roast Turkey w/gravy Cranberry Sauce Green Beans Gingerbread	30 Lemon Pepper Fish Tator Tots Cole Slaw Banana