ENTERPRISE SENIOR CENTER		SENIOR CENTER
		July 2020
		RIO
Tuesday	Wednesday	Friday
A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Milk and Bread served with all meals. Follow Us on Facebook @triocommunitymeals.com	Glazed Ham Yams Garden Vegetable Blend Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	Closed Independence Day (Observed)
7	8	10
Breaded Chicken w/Cordon Bleu Sauce Rice Pilaf Green Beans Parslied Carrots Wheat Bread Tropical Fruit Milk	Sloppy Joe Tater Tots Coleslaw Hamburger Bun Hot Spiced Fruit Baked Cookie Milk Ketchup	Homemade Meatloaf w/Brown Gravy Mashed Potatoes Creamed Peas Mixed Green Salad Dinner Roll Pineapple Milk Margarine Ranch Salad Dressing
14	15	17
Italian Meatballs w/Tomato Garlic Sauce Penne Pasta Key Largo Vegetable Blend Three Bean Salad Dinner Roll Sliced Pears Milk Margarine	Honey Lime Chicken Garlic Rice Cabbage and Carrots Dinner Roll Seasonal Fruit Milk Margarine	Hot Open-Face Turkey Sandwich Mashed Potato w/Gravy Green Beans w/Onions Mixed Green Salad Texas Toast Tropical Fruit Ambrosia Milk Ranch Salad Dressing
21	22	24
Hawaiian Chicken Haystack White Rice Chow Mein Noodles Oriental Vegetable Blend Pineapple Tidbits Milk	Pioneer Day Bratwurst Sauerkraut Herb Potato Salad Hot Dog Bun Watermelon Milk Mustard	Closed Pioneer Day
28	29	31
Spaghetti w/Meat Sauce Broccoli & Cauliflower Mixed Green Salad Garlic Texas Toast Hot Spiced Apples Milk Ranch Salad Dressing	Chicken Salad Lettuce & Tomato & Onion Cucumber Salad Croissant Tropical Fruit Baked Cookie Milk Diet - Vanilla Wafers	Beef Chili w/ Beans Shredded Cheese Baked Potato Tossed Salad Peaches Milk Sour Cream Ranch Salad Dressing