



July



<p>1 Chicken Salad w/bun Tomato Cucumber Salad Carrot Raisin Salad Fresh Pear</p>	<p>2 Baked Fish Seasoned Potato Wedges Capri Vegetable Blend Blueberries Dinner Roll</p>	<p>3 Hamburger w/bun cheese, lettuce, & tomato Seasoned Potato Wedges Baked Beans Fresh Red Grapes Cookie Fife Lake - Lunch and Kingsley Birthday Dessert</p>	<p>4 NO LUNCH SERVED DUE TO SENIOR CENTER CLOSED FOR HOLIDAY</p>	<p>5 NO LUNCH SERVED DUE TO MEALS ON WHEELS HOLIDAY</p>
<p>8 Stuffed Green Pepper w/Meat Sauce Mashed Potatoes Capri Vegetable Blend Pineapple Tidbits Dinner Roll</p>	<p>9 Macaroni and Cheese Green Peas Stewed Tomatoes Diced Peaches Bread</p>	<p>10 Meatloaf & Gravy Mashed Potatoes Mixed Vegetables Applesauce Dinner Roll</p>	<p>11 Chicken with Mushroom Gravy Rice Pilaf Dilled Carrots Three Bean Salad Orange Brownie Interlochen - Birthday Dessert</p>	<p>12 BBQ Pulled Pork w/bun Roasted Red Potatoes Green Beans Diced Pears TC - Birthday Dessert</p>
<p>15 Beef Tips w/Gravy Egg Noodles Prince Charles Vegetable Blend Lettuce & Spinach Salad Diced Peaches</p>	<p>16 Sloppy Joe w/bun Seasoned Potato Wedges Mixed Vegetables Tropical Fruit Salad</p>	<p>17 Honey Mustard Chicken Au Gratin Potatoes Peas & Carrots Mandarin Oranges Dinner Roll Fife Lake - Lunch and Birthday Dessert Kingsley - Pizza, Salad & Dessert</p>	<p>18 Shepherd's Pie Mashed Potatoes Stewed Tomatoes Apple Slices Biscuit</p>	<p>19 Sweet and Sour Pork Brown Rice Midori Vegetable Blend Broccoli Slaw Diced Pears Vanilla Pudding</p>
<p>22 BBQ Chicken Rosemary Roasted Potatoes Capri Vegetable Blend Sweet Cherries Bread</p>	<p>23 Roast Beef With Gravy Red Skin Mashed Potatoes Dilled Carrots Blueberries Dinner Roll Fruit Gelatin</p>	<p>24 Hot Dog w/bun Potato Wedges Creamy Cole Slaw Watermelon Slices</p>	<p>25 Goulash, Corn Broccoli & Cauliflower w/dip Warmed Sliced Peaches Interlochen - See Wednesday, June 24</p>	<p>26 Stuffed Cabbage Roll w/Meat Sauce Mashed Potatoes Succotash Banana Dinner Roll</p>
<p>29 Baked Glazed Ham Au Gratin Potatoes Beets Fresh Pear Dinner Roll Fruit Crisp</p>	<p>30 Creamy Turkey Tetrazzini Green Beans Creamy Cole Slaw Scalloped Apples</p>	<p>31 Lemon Chicken Rice Pilaf Dilled Carrots Fresh Broccoli & Cauliflower w/dip Diced Peaches</p>		

Milk served with all meals. This menu is subject to change. \$3 suggested donation for those 60+; \$5 charge for those under 60. The Michigan Department of Aging and Adult Services provide the regulations regarding this menu.

To reserve or cancel meals in Traverse City, call 231-947-5285. For Kingsley and Interlochen, call 231-922-4911 by Monday of the week you would like to reserve; for Fife Lake, call 231-879-4101 by Monday of the week you would like to reserve.