

July Senior Center Network Lunch Menu

TRAVERSE CITY

12 p.m./Monday-Friday
Reservations MUST be made
24 hours in advance, call

947-5285

INTERLOCHEN

12 p.m./Thursday
Reservations MUST be made
by Monday the week of, call

922-2080

KINGSLEY

12 p.m./Wednesday
Reservations MUST be made
by Monday the week of, call

922-2080

FIFE LAKE

12 p.m./Wednesday, July 18
Reservations MUST be made
by Monday the week of, call

879-4101

\$3.00

Suggested Donation for those 60+; \$5 CHARGE FOR THOSE UNDER 60

Milk, whole grain white bread, (salad/slaw TC location only) and fruit served with every meal. Menu subject to change.

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| Mon July 2 Lemon Chicken Thigh Au Gratin Potatoes Key West Blend | Tue July 3 Swiss Steak Mashed Potatoes Green Beans with Almonds | Wed July 4 Senior Center Closed Happy Independence Day! | Thurs July 5 BBQ Pulled Pork w/Bun Potato Wedges Coleslaw Dessert—Interlochen | Fri July 6 Cherry Brat Lunch \$5 per person Advance registration and payment required. |
| Mon July 9 Ham Salad Sandwich Potato Salad Fresh Broccoli and Cauliflower w/dip | Tue July 10 Honey Mustard Chicken Thigh Mashed Potatoes Brussels Sprouts | Wed July 11 Meatloaf & Gravy Red Skin Mashed Potatoes Peas Dessert—Kingsley | Thurs July 12 Cabbage Roll Wax Beans Corn | Fri July 13 Hamburger w/Bun Baked Beans Sugar Snap Peas Dessert—Traverse City |
| Mon July 16 Stuffed Pepper Casserole Peas & Carrots Succotash | Tue July 17 Grilled Hot Dog w/Bun Baked Beans Broccoli Slaw | Wed July 18 Turkey Dinner Mashed Potatoes Capri Blend Dessert—Fife Lake | Thurs July 19 Shepherd's Pie Mashed Potatoes Green Beans | Fri July 20 Citrus Tilapia Roasted Red Potatoes Stewed Tomatoes |
| Mon July 23 Homemade Goulash Mixed Vegetables Sugar Snap Peas | Tue July 24 Tender Pork Loin Mashed Sweet Potatoes Creamed Spinach | Wed July 25 Sloppy Joe w/bun Baked Beans Tossed Salad | Thurs July 26 Chicken Breast w/ Mushroom & Gravy Mashed Potatoes | Fri July 27 BBQ Meatballs Au Gratin Potatoes Peas & Pearl Onions |
| Mon July 30 Salisbury Steak Mashed Potatoes Beets | Tue July 31 Penne Pasta w/Meat Sauce Green Peas Capri Blend | ** SENIOR CENTER MEMBERSHIP IS NOT REQUIRED FOR LUNCH PROGRAM ** | | |