

JULY 2019

Fairmont & Exeter Senior Centers

402-268-2831

Monday	Tuesday	Wednesday	Thursday	Friday
1 Baked Ham Scalloped Potatoes Peas Fruit Cocktail	2 Beef Stroganoff Creamed Peas Ranch Tomatoes Pineapple Chunks POT LUCK**	3 Taco Pie Homemade Refritos Tossed Salad Ice Cream Bar	4 Independence Day CLOSED	5 Tuna & Noodles Broccoli Pears
8 Chicken Stir Fry Brown Rice Mashed Potatoes Glazed Carrots Apple Banana Salad Board Mtg 1 p.m.	9 Parmesan Pork Herb & Butter Pasta Green Beans Strawberries White Cake	10 Philly Cheesesteak over Baked Potato Garden Salad Peaches Brownies Priscilla's Luncheon	11 Liver & Onions Mashed Potatoes Stewed Tomatoes Deviled Eggs Orange	12 Salmon Patty Alfredo Pasta Beets Fruit Cocktail
15 Chicken Pot Pie Green Beans Cottage Cheese Watermelon	16 Beefy Goulash Corn Tossed Salad Apple Slices	17 Sausage & Cabbage Skillet Red Potatoes Peaches	18 Chicken & Waffles Scrambled Eggs V-8 Juice / Pineapple Jill Engel: Your Palate Blood Pressure Clinic	19 Spinach Veggie Burg w/ lettuce & tomato Baked Beans Tater Tots Cantaloupe
22 Pineapple Pork Chop Baked Potato Cucumbers & Onions Applesauce	23 Salisbury Steak Macaroni & Cheese Broccoli Fruit Cocktail Chocolate Cake 	24 Pepperoni Pizza Butter Carrots Tossed Salad Strawberries	25 Chicken Breast Alfredo Pasta Peas Jell-O Salad / Pears Cupcake/Ice Cream *BDAY DINNER**	26 Beef Franks French Fries Boiled Egg Granny Apple Slices
29 Garlic Tuscan Chicken Mashed Potatoes Asparagus Peaches	30 Chicken Tot Casserole Green Beans Banana	31 Honey Garlic Meatloaf Mashed Potatoes Peas Grapes	Milk & Bread Are available !!!!!!!	MENU SUBJECT TO CHANGE!!!!!!