

**Capon Valley View Senior Center Menu**

**JULY 2018**

**Capon Valley View Center**

**304 - 856 - 3650**

**Romney Senior Center**

**304 – 822 - 2465**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>3</b> <b>BARBECUE CHICKEN</b> <b>POTATO SALAD</b> <b>CORN</b> <b>FRUIT</b>			<b>6</b> <b>SPAGHETTI</b> <b>SALAD</b> <b>GREEN BEANS</b> <b>ITALIAN BREAD</b> <b>DESSERT</b>
	<b>10</b> <b>SLOPPY JOES/BUN</b> <b>POTATO</b> <b>TOTS</b> <b>COLESLAW</b> <b>FRUIT</b> <b>DESSERT</b>			<b>13</b> <b>MEATLOAF</b> <b>WHIPPED POTATOES</b> <b>PEAS</b> <b>FRUIT</b> <b>ROLL</b>
	<b>17</b> <b>STEAK</b> <b>BAKED POTATO</b> <b>BLENDED VEGETABLES</b> <b>ROLL</b>			<b>20</b> <b>BROCCOLI SOUP</b> <b>TUNA FISH</b> <b>SANDWICH/WHOLE</b> <b>WHEAT</b> <b>FRUIT</b> <b>DESSERT</b>
	<b>24</b> <b>PORK CHOPS</b> <b>DRESSING</b> <b>BRUSSEL SPROUTS</b> <b>FRUIT</b>			<b>27</b> <b>TURKEY</b> <b>SANDWICH/GRAVY</b> <b>WHIPPED POTATOES</b> <b>PEAS &amp; CARROTS</b> <b>FRUIT</b>
	<b>31</b> <b>SALISBURY STEAK</b> <b>WHIPPED POTATOES</b> <b>WHEAT BREAD</b> <b>PEAS</b> <b>DESSERT</b>			

**THE OLDER AMERICANS ACT NUTRITION PROGRAM – Please give whatever you can; help us help others**