

Home Delivered Meals Menu

Romney Senior Center

JULY 2018

304 – 822 - 2465

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 FISH FILLET MACARONI & CHEESE BROCCOLI FRUIT	3 BARBECUE CHICKEN POTATO SALAD CORN FRUIT	4 CLOSED FOR FOURTH OF JULY	5 LENTIL SOUP SALAD /CHICKEN FRUIT CORNBREAD	6 SPAGHETTI SALAD GREEN BEANS ITALIAN BREAD DESSERT
9 HONEY MUSTARD CHICKEN MACARONI SALAD KALE ITALIAN BREAD	10 SLOPPY JOES/BUN POTATO TOTS COLESLAW FRUIT DESSERT	11 TOMATO SOUP GRILLED CHEESE BROCCOLI FRUIT DESSERT	12 MEATBALLS SALAD GREEN BEANS ITALIAN BREAD DESSERT	13 MEATLOAF WHIPPED POTATOES PEAS FRUIT ROLL
16 MOZZARELLA CHICKEN SALAD W/DRESSING GREEN BEANS FRUIT ITALIAN BREAD	17 STEAK BAKED POTATO BLENDED VEGETABLES ROLL	18 TUNA PATTIE CARROT-RAISIN SALAD BROCCOLI FRUIT DESSERT	18 HOBO BEANS SALAD TROPICAL FRUIT CORNBREAD MUFFINS	20 BROCCOLI SOUP TUNA FISH SANDWICH/WHOLE WHEAT FRUIT DESSERT
23 CHICKEN TENDERS WHIPPED POTATOES PEAS FRUIT	24 PORK CHOPS DRESSING BRUSSEL SPROUTS FRUIT	25 TACO CASSEROLE MEXICAN CORN FRUIT BLUEBERRY MUFFINS	26 HAM POT PIE SPINACH COTTAGE CHEESE FRUIT DESSERT	27 TURKEY SANDWICH/GRAVY WHIPPED POTATOES PEAS & CARROTS FRUIT
30 OVEN-FRIED CHICKEN POTATO SALAD CORN BISCUIT	31 SALISBURY STEAK WHIPPED POTATOES WHEAT BREAD PEAS DESSERT			

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