

MENU - AMARGOSA SENIOR CENTER

443 Desert Senior Lane - Amargosa Valley, NV 89020


775-372-5413

ADSD Approved

JULY 2018

Congregate DINNER Served: MON - THU 4:30 PM TO 5:30 PM

Congregate BREAKFAST Served: FRI 9:00 AM TO 10:00 AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Jul 02</p> <p>Lemon Baked Fish WW Roll Green Peas Long Grain Brown Rice Tossed Salad Creamy Italian Dressing Grapes</p>	<p>#46 Jul 03</p> <p>Lasagna Chopped Spinach Garlic Bread Fresh Orange Garden Salad w/LFLS Ital. Dress.</p>	<p>Jul 04</p> <p>INDEPENDENCE DAY *** CLOSED***</p>	<p>#123 Jul 05</p> <p>Baked Chicken Tenders French Baked Potatoes Mixed Grn. Salad w/Honey Dress Carrotand Raisin Salad Cracked Wheat Bread Smart Balance Unsalted Baked Banana Pudding</p>	<p>Jul 06</p> <p>**Breakfast** French Toast Scrambled Eggs LS Bacon Pears (x3) Oatmeal</p>
<p>#128 Jul 09</p> <p>Chicken Noodle Soup French Bread Pizza Colorful Salad Yogurt Pop Orange Juice</p>	<p>Jul 10</p> <p>Sweedish Meatballs Noodles Steamed Broccoli Peaches Fresh Banana</p>	<p>#20 Jul 11</p> <p>Baked Pork Chop Pureed Butternut Squash Layered Salad 100% WW Bread Baked Banana</p>	<p>Jul 12</p> <p>Grilled Hamburger Mixed Grain Bun Lettuce & Tomato Salad Baked Beans Deviled Eggs Grapefruit & Orange Sections</p>	<p>Jul 13</p> <p>**Breakfast** Biscuits & Gravy Scrambled Eggs Oatmeal & Raisins Pineapple Chunks (x2)</p>
<p>#102 Jul 16</p> <p>Chicken & Dumplings Green Peas Carrot and Raisin Salad WW LS Crackers Grapee Fruit Sections</p>	<p>Jul 17</p> <p>Beef Tacos w/ Thick and Chunky Salsa Guacamole Refried Black Beans Mexican Corn Sauté' Fruit Cocktail</p>	<p>#83 Jul 18</p> <p>Turkey Pot Pie Mixed Green Salad FF Creamy Italian Dressing 7 Grain Bread Orange Mango Cup</p>	<p>#23 Jul 19</p> <p>Beef Stir Fry Steamed Brown Rice Beet Salad Mandarin Oranges</p>	<p>Jul 20</p> <p>**Breakfast** Mexican Egg Casserole LS Sausage Home Fries Pineapple Chunks x2 Oatmeal Orange Juice</p>
<p>Jul 23</p> <p>Turkey Fajita Spanish Rice Ranch Style Beans Chopped Spinach French Dressing Pears</p>	<p>#3 Jul 24</p> <p>Baked Meat Loaf Mashed Potatoes Steamed Spinach 100% WW Bread Chantilly Fruit Cup</p>	<p>Jul 25</p> <p>Onion Soup Chicken Salad Sandwich Baby Carrots Celery Sticks Pink Grapefruit Sections</p>	<p>#37 Jul 26</p> <p>Chili Cheese Baked Potato Steamed Carrots WW Banana Muffin FF Blueberry Yogurt Orange Banana Juice</p>	<p>Jul 27</p> <p>**Breakfast** Scramb Eggs w/Peppers/Onioins Hash browns WW Bagels FF Cream Cheese Strawberry Jelly Pineapple Chunks x2</p>
<p>#149 Jul 30</p> <p>Roast Pork Tenderloin Potato Salad Honey Dijon Veggies Spring Salad Tangy Yogurt Salad Dressing Simmered Beans W/Bacon Tropical Fruit Cup</p>	<p>#13 Jul 31</p> <p>Turkey Chilli Corn Bread Mixed Green Salad LSLF Italian Dressing Ambrosia</p>		<p>MENU SUBJECT TO CHANGE</p> <p>1% Milk, Tea & Lemonade Served Daily</p> <p>Salad \$1.00 When Not on Menu</p>	<p>A \$3.00 Donation for Seniors Over 60 Years of Age is Suggested</p> <p>A \$6.00 Fee is Required for Non-Seniors</p> <p>Call for More Information</p>