

CALL IF EATING IN  
BEFORE 9am

Suggested  
Donation \$4 (802)287-9200

Under 60 suggested  
donation of \$6

Meals Served 12:00

**Jul-26**

Tuesday		Wednesday		Thursday		Friday	
			1		2		3
		<b>Picnic Day</b> Deli Sandwich Chips Pasta Salad Pineapple  <u>Card Playing 1:00 PM</u>		Pork Loin w. Gravy Mashed Potatoes Stuffing Carrots Apple Sauce  <u>Bone Builders 9:30</u>		Chicken Pot Pie Mixed Veggies Garden Salad Pears  <u>Chair Yoga 1p</u>	
7			8		9		10
Chicken Cacciatore Pasta Green Salad Fruit Salad  <u>Bone Builders 9:30</u>		Pulled Pork Sandwiches Cole Slaw Baked Beans Jello w. Fruit  <u>Card Playing 1:00 PM</u>		<b>BIRTHDAY DINNER</b> Meatloaf w. Gravy Mashed Potatoes Peas & Carrots Oranges  <u>Bone Builders 9:30</u>		Veggie Lasagna Garden Salad Fruit Salad  <u>Chair Yoga 1p</u>	
14			15		16		17
Mac & Cheese Stewed Tomatoes Mixed Veggies Fresh Fruit  <u>Bone Builders 9:30</u>		Pork Stir Fry over Rice Mixed Veggies Cole Slaw Banana  <u>Card Playing 1:00 PM</u>		Chicken Parmagiana Pasta Cole Slaw Garden Salad Peaches  <u>Bone Builders 9:30</u>		Stuffed Cabbage Cottage Cheese Garden Salad Fruit Crisp  <u>Chair Yoga 1p</u>	
21			22		23		24
Chef Salad - Turkey, Ham, Cheese Veggies Berry Crisp  <u>Bone Builders 9:30</u>		Beef Tips w. Onions/Peppers over Noodles Garden Salad Peaches  <u>Card Playing 1:00 PM</u>		Pork Ribs Pasta Salad Cole Slaw Yogurt Parfait  <u>Bone Builders 9:30</u>		BBQ Chicken Home Fries Broccoli 3 Bean Salad Oranges  <u>Chair Yoga 1p</u>	
28			29		30		31
Baked Ziti Garden Salad Pineapple  <u>Bone Builders 9:30</u>		Sweet & Sour Pork Over Rice Peppers/Onions Fruit Crisp  <u>Card Playing 1:00 PM</u>		Chicken & Biscuits Mashed Sweet Potatoes Peas & Carrots Fruit Cocktail  <u>Bone Builders 9:30</u>		Pot Roast w. Gravy Mashed Potatoes Green Beans Biscuit Peaches  <u>Chair Yoga 1p</u>	

ALL MEALS INCLUDE: 1% Milk, Whole Wheat Bread, and Low Sodium Gravy. Menu is subject to change without notice due to product availability and Nutritionist. Garden Salads consist of Lettuce, Tomatoes, and peppers.