

July 2020

SPUR SENIOR CITIZEN'S

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
	EVERYONE WELCOME!!! LUNCH SERVED AT NOON MONDAY - FRIDAY suggested donation Age 60+ only \$4 others \$8 Call anytime for info 271-4472		Swedish Meatballs, Parsley Noodles, Mix'd veggies, Wht Roll, Angel Fd Cake w/Strawberries & Whip Topping	Chicken Tenders, Mashed Potatoes w/Gravy, Mixed Squash, Wheat Roll, Fruit Cup	<i>Closed - Happy Independence Day</i>	
5	6	7	8	9	10	11
	Chicken Salad Sandwich, Tomato, Lettuce, Pickle, Macaroni Salad, Carrot Sticks, Watermelon	Taco Salad & Corn Chips, Seasoned Corn, Watermelon, Peach Cobbler	Glazed Meatloaf, Red Bliss Potatoes, Mixed Veggies, Bread Stick, Apple Crisp	Baked Chicken Scandia, Red Potatoes w/skin, Cole Slaw w/Apple, Cornbread, Peach/Apple Shortcake	Jambalaya, Carrots, Black-eye Peas, Cornbread, Lazy Cake	
12	13	14	15	16	17	18
	Navy Beans w/Ham, Sweet Potatoes, Turnip Greens, Cornbread, Cherry Cobbler	Chicken Spaghetti, Spinach, Carrot/Raisin Salad, Wheat Roll, Gingerbread/Peach Sauce	Beef & Bean Chile Verde, White Rice, Tossed Salad LCFD, Unsalted Crackers, Fresh Cantaloupe	Creamy Mushroom Steak, Mashed Potatoes, Peas & Carrots, Wheat Roll, Emerald Pears	Breaded Fish on Bun, Lettuce/Pickle/Tomato, Potato Wedge, Coleslaw, Tarter Sauce, Peach Chantilly	
19	20	21	22	23	24	25
	Tilapia w/Lemon, Whole Kernal Corn, Coleslaw, Hush Puppies, Cherry Crisp	Sloppy Joe on Bun, Country Potato Salad, Carrots & Zuchinni, Creamy Fruit Square	Chicken Fajitas, Refried Beans, White Rice, Tossed Salad/French Dressing, Tortilla, Ambrosia	Hot Dog on Bun, Baked Potato w/Sour Cream, Seasoned Broccoli, Pineapple Gelatin	Salisbury Steak, Diced Potatoes (Skin On), English Peas, Wheat Roll, Fruit Salad in Juice	
26	27	28	29	30	31	1
	Beef Tips w/Rice, Meadow Blend Veg, Corn, Wheat Roll, Choc Cake- Strawberries	Oven Fried Chicken Breast, Bow Tie Pasta, Broccoli/Raisin Salad, Wheat Roll, Fruit Cocktail	Chicken Fried Steak, Mashed Potatoes, Country Gravy, Stewed Okra, Seasoned Corn, Pumpkin Square	Lasagna, Spinach, Tossed Salad, French Dressing, Sliced Whole Wheat Bread, Banana	Cheeseburger, Tomato Wedge Salad, Potato Wedge, Wheat Bun, Melon Medley	
2	3					