

## Menu Calendar for Lehigh County Senior Centers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<b>Swedish Meatballs</b>  <b>Broccoli &amp; Cauliflower</b>  <b>Buttered WW Rotini</b>  <b>Apple Slices, Oat Cookie</b>	<b>Chicken Kiev w/Cream Sauce</b>  <b>Scalloped Potatoes</b> <b>Butter Garlic Spinach</b> <b>WW Dinner Roll</b> <b>Peach Applesauce</b>	<b>Hot Dog</b>  <b>Roasted Potato Wedges</b> <b>Baked Beans</b> <b>WW Hot Dog Roll</b>  <b>Watermelon</b>	<b>4<sup>TH</sup> OF JULY HOLIDAY CLOSED</b>  	<b>Meatloaf with Gravy</b>  <b>Mashed Potatoes</b> <b>Wax Beans</b> <b>WW Dinner Roll</b> <b>Vanilla Greek Yogurt</b>
8	9	10	11	12
<b>BBQ Chicken</b>  <b>Succotash</b> <b>Corn Chowder</b> <b>WW Dinner Roll</b>  <b>Orange</b>	<b>Cheeseburger</b>  <b>Broccoli Slaw</b> <b>Diced Potatoes</b> <b>WW Hamburger Roll</b> <b>Cantaloupe</b>	<b>Western Omelette, Turkey Sausage</b>  <b>Breakfast Potatoes</b> <b>WW Biscuit</b>  <b>Fresh Fruit Salad</b>	<b>Stuffed Cabbage</b>  <b>Mashed Potatoes</b> <b>Diced Beets</b> <b>WW Dinner Roll</b>  <b>Greek Yogurt</b>	<b>Chicken Parmesan</b>  <b>Normandy Veg Blend</b> <b>Side Salad</b> <b>WW Penne w/Sauce</b> <b>Pound Cake</b>
15	16	17	18	19
<b>Italian Sausage &amp; Peppers</b>  <b>Broccoli</b>  <b>Buttered Brown Rice</b> <b>Clementine</b>	<b>Chicken Tenders</b>  <b>Green Beans</b> <b>Roasted Potato Wedges</b> <b>WW Dinner Roll</b> <b>Fresh Fruit Salad</b>	<b>Beef Stew</b>  <b>Mashed Potatoes</b> <b>Carrots</b> <b>WW Biscuit</b>  <b>Vanilla Pudding</b>	<b>Breaded Fish Sandwich</b>  <b>Roasted Red Potatoes</b> <b>Minestrone Soup</b> <b>WW Sandwich Roll</b> <b>Cantaloupe</b>	<b>Roast Pork</b>  <b>Haluski</b> <b>Peas &amp; Pearl Onions</b> <b>Noodles</b> <b>Chocolate Chip Cookie</b>
22	23	24	25	26
<b>Vegetable Lasagna</b>  <b>Normandy Vegetable Blend</b>  <b>WW Dinner Roll</b> <b>Vanilla Greek Yogurt</b>	<b>BBQ Pulled Pork</b>  <b>Sweet Potato Waffle Fries</b> <b>Vegetable Soup</b> <b>WW Sandwich Roll</b> <b>Fresh Fruit Salad</b>	<b>Stuffed Cordon Chicken w/Sauce</b>  <b>Mashed Potatoes</b> <b>Brussels Sprouts</b> <b>WW Dinner Roll</b> <b>Sugar Cookie</b>	<b>Meatball Sandwich</b>  <b>Roasted Potato Wedges</b> <b>Side Salad</b> <b>WW Hot Dog Roll</b> <b>Fresh Orange</b>	<b>Teriyaki Chicken</b>  <b>Broccoli</b>  <b>Brown Rice</b> <b>Dinner Roll</b> <b>Diced Peaches</b>
29	30	31	<b>JULY 2024</b> <b>HOT MENU CALENDAR</b>  	
<b>Swedish Meatballs</b>  <b>Broccoli and Cauliflower</b>  <b>Buttered WW Rotini</b> <b>Apple Slices &amp; Oat Cookie</b>	<b>Chicken Kiev</b> <b>Scalloped Potatoes</b> <b>Butter Garlic Spinach</b> <b>WW Dinner Roll</b> <b>Peach Applesauce</b>	<b>Hot Dog</b>  <b>Roasted Potato Wedges</b> <b>Baked Beans</b> <b>WW Hot Dog Roll</b>  <b>Watermelon</b>		

If you'd like to have lunch with us, please place your order by 10am the day before.

## Lite Fare Menu Calendar for Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<p>Turkey and Gouda Sandwich</p> <p>Baby Carrots w/ Ranch</p> <p>Whole Wheat Bread</p> <p>Mango</p>	<p>Roast Beef &amp; Pepper Jack Sandwich</p> <p>Broccoli Salad</p> <p>Whole Wheat Bread</p> <p>Fresh Pear</p>	<p>Greek Salad w/ Chicken</p> <p>Salad Greens</p> <p>WW Dinner Roll</p> <p>Mixed Fruit</p>	<p><b>4<sup>TH</sup> OF JULY HOLIDAY</b></p> 	<p>Grilled Chicken &amp; Cheese Sandwich</p> <p>Four Bean Salad</p> <p>WW Sandwich Roll</p> <p>Fresh Fruit Salad</p>
8	9	10	11	12
<p>Roast Beef Club Sandwich</p> <p>Cucumbers w/ Ranch</p> <p>WW Club Roll</p> <p>Fresh Pear</p>	<p>Ham and Cheddar Sandwich</p> <p>Diced Beets</p> <p>Whole Wheat Bread</p> <p>Pineapple</p>	<p>Chicken Caesar Salad</p> <p>Salad Greens</p> <p>WW Dinner Roll</p> <p>Strawberry Banana</p> <p>Applesauce</p>	<p>Grilled Chicken &amp; Swiss Sandwich</p> <p>Coleslaw</p> <p>WW Sandwich Roll</p> <p>Apple Slices</p>	<p>Spring Mix Salad with Chicken</p> <p>Salad Greens</p> <p>WW Dinner Roll</p> <p>Fresh Orange</p>
15	16	17	18	19
<p>Turkey and Provolone Sandwich</p> <p>Three Bean Salad</p> <p>Whole Wheat Bread</p> <p>Orange</p>	<p>Roast Beef Salad</p> <p>Salad Greens</p> <p>WW Dinner Roll</p> <p>Peaches</p>	<p>Harvest Chicken Salad</p> <p>Salad Greens</p> <p>WW Dinner Roll</p> <p>Mandarin Oranges</p>	<p>Turkey &amp; Cheddar Sandwich</p> <p>Broccoli Salad</p> <p>Whole Wheat Bread</p> <p>Fresh Pear</p>	<p>Tuna Salad Sandwich</p> <p>Coleslaw</p> <p>WW Sandwich Roll</p> <p>Fresh Fruit Salad</p>
22	23	24	25	26
<p>Turkey and Gouda Sandwich</p> <p>Baby Carrots w/ Ranch</p> <p>Whole Wheat Bread</p> <p>Mango</p>	<p>Roast Beef &amp; Pepper Jack Sandwich</p> <p>Broccoli Salad</p> <p>Whole Wheat Bread</p> <p>Fresh Pear</p>	<p>Greek Salad w/ Chicken</p> <p>Salad Greens</p> <p>WW Dinner Roll</p> <p>Mixed Fruit</p>	<p>Chef Salad with Turkey</p> <p>Salad Greens</p> <p>WW Dinner Roll</p> <p>Fresh Orange</p>	<p>Grilled Chicken &amp; Cheese Sandwich</p> <p>Four Bean Salad</p> <p>WW Sandwich Roll</p> <p>Fresh Fruit Salad</p>
29	30	31	<p><b>JULY 2024</b></p> <p><b>Lite Fare Menu</b></p> <p><b>CALENDAR</b></p> 	
<p>Roast Beef Club Sandwich</p> <p>Cucumbers w/ Ranch</p> <p>WW Club Roll</p> <p>Fresh Pear</p>	<p>Ham and Cheddar Sandwich</p> <p>Diced Beets</p> <p>Whole Wheat Bread</p> <p>Pineapple</p>	<p>Chicken Caesar Salad</p> <p>Salad Greens</p> <p>WW Dinner Roll</p> <p>Strawberry Banana</p> <p>Applesauce</p>		

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