

July 2017



# THE LIGHTER SIDE OF SENIOR DINING



Delano Senior Center  
763-972-0574

## Catholic Charities Menu Choices for the Light Meal Option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Chef's Salad: Lettuce, Meat, Cheese, Vegetables Breadstick Baked Sliced Apples</p>	<p>4</p> <p>Dining Site Closed</p> <p><i>July 4<sup>th</sup></i></p>	<p>5</p> <p>Stuffed Green Pepper Fresh Fruit Cup Dinner Roll Pie</p>	<p>6</p> <p>Chicken Vegetable Soup Bacon, Lettuce &amp; Tomato Sandwich Lettuce Salad Cookie</p>	<p>7</p> <p>Sweet &amp; Sour Chicken Oriental Vegetables Rice Fruit Sauce Sweetened Strawberries</p>
<p>10</p> <p>Roasted Turkey Sandwich w/Lettuce &amp; Tomato Creamy Vegetable Soup Applesauce</p>	<p>11</p> <p>Chef's Salad Lettuce, Meat Cheese &amp; Vegetables Breadstick Watermelon S'mores Cookie</p>	<p>No lighter side 12</p> <p>Roast Beef w/Horseradish Whipped Potatoes w/Gravy Scandinavian Blend Vegetables Dinner Roll Fresh Fruit</p>	<p>13</p> <p>Cesar Chicken Wrap Romaine &amp; Tomatoes Navy Bean Soup Brownie</p>	<p>No lighter side 14</p> <p>Hamburger on a Bun Baked Beans Coleslaw Peaches Pudding</p>
<p>17</p> <p>Turkey-Bacon Sandwich w/Lettuce and Tomato Minestrone Soup Sliced Pears</p>	<p>No lighter side 18</p> <p>Hot Roast Pork Sandwich Whipped Potatoes w/Gravy Green Beans Wheat Bread Gingerbread w/Topping</p>	<p>19</p> <p>Chicken Enchilada: Chicken, Cheese Lettuce, Tomatoes &amp; Onions Black Bean Salad Ice Cream</p>	<p>20</p> <p>Roast Beef &amp; Swiss Sandwich w/Lettuce &amp; Tomato Slice Creamy Vegetable Soup Peaches</p>	<p>21</p> <p>Mandarin Almond Salad: Chicken, Lettuce, Mandarin Oranges Chicken Dumpling Soup Mixed Fruit</p>
<p>24</p> <p>Sweet &amp; Sour Chicken Oriental Vegetables Sliced Cucumbers w/Ranch Dip Rice Grapes</p>	<p>25</p> <p>Stuffed Green Pepper Baked Beans Wheat Dinner Roll Pineapple</p>	<p>No lighter side 26</p> <p>Lasagna Green Beans Lettuce Salad Garlic Breadstick Raspberry Parfait Raspberry Parfait</p>	<p>No lighter side 27</p> <p>Liver &amp; Onions or Hamburger Patty w/Gravy Whipped Potatoes w/Gravy Mixed Vegetables Wheat Bread Frosted Cake</p>	<p>28</p> <p>Egg Salad Sandwich Creamy Vegetable Soup Garden Salad Pumpkin Pie Square</p>
<p>31</p> <p>Ham and Cheese Sandwich Cream of Broccoli Soup Lettuce Salad Pudding</p>	<p>1% milk is served with every meal. Menu is subject to change. Suggested contribution for persons 60+ and volunteers is \$7.75 - \$4.00. No Registered Guest 60+ is denied a meal based on their ability to pay. Guests under 60 pay \$7.75. Call between 10:30 am-1:00 pm for more information. Partially funded under contract with the Central Minnesota Council on Aging as part of the Older Americans Act Program and Administered by Catholic Charities of the Diocese of St. Cloud.</p>			