


# July 2018

## 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
2 Chef's Salad Breadstick Baked Sliced Apples	3 Stuffed Green Pepper Fresh Fruit Cup Dinner Roll Fruit Crumb Cake	4 Dining Site Closed 	5 Chicken Vegetable Soup Bacon, Lettuce & Tomato Sandwich Lettuce Salad Butterscotch Chip Cookie	6 Sweet & Sour Chicken Oriental Vegetables Rice Fruit Sauce Sweetened Strawberries
9 No Lighter side Deviled Pork Chop Whipped Potatoes w/Gravy Whole Kernal Corn Wheat Bread Sliced Pears	10 No Lighter side Hot Roast Pork Sandwich Oven Roasted Potatoes Green Beans Wheat Bread Blueberry Peach Cobbler	11 No Lighter side Roast Beef w/Horseradish Whipped Potatoes w/Gravy Scandinavian Blend Veg. Wheat Dinner Roll Pie	12 Chef's Salad Breadstick Ice Cream	13 No Lighter side Hamburger on a Bun Baked Beans Coleslaw Peaches Frosted Brownie
16 Turkey-Bacon Sandwich w/Lettuce and Tomato Minestrone Soup Rocky Road Pudding	17 No Lighter side <b>Summer Picnic</b> Oven Fried Chicken Homemade Potato Salad Marinated Cucumber Salad Buttermilk Biscuit Watermelon	18 No Lighter side Meatloaf Baked Potato w/Sour Cream Corn Wheat Bread Ice Cream Gelatin	19 Roast Beef & Swiss Sandwich w/Lettuce & Tomato Slice Creamy Vegetable Soup Peaches	20 Mandarin Almond Salad: Chicken Dumpling Soup Mixed Fruit Snickerdoodle Cookie
23 Sweet & Sour Chicken Oriental Vegetables Sliced Cucumbers w/Ranch Dip Rice Grapes	24 No Lighter side Oven Roasted Turkey Whipped Potatoes w/Gravy Dilled Carrots Wheat Dinner Roll Glorified Rice	25 Chicken Spinach Salad Fresh Fruit Breadstick Frosted Cake	26 Chicken & Broccoli Pasta Toss Garden Salad Raspberry Parfait	27 Egg Salad Sandwich Creamy Vegetable Soup Garden Salad Two-Tone Dessert
30 Ham and Cheese Sandwich Cream of Broccoli Soup Lettuce Salad Lemon Chiffon	31 Chicken Caesar Salad Breadstick Fruit Cocktail Cherry Torte Bar	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. 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.		