

# July 2021





## VALLEY SENIOR SERVICES: RANSOM SARGENT REGIONAL MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

**Suggested donation \$4.00 a meal for people 60+ and spouse of 60+**

UNDER 60 IS A CHARGE OF \$9.00 PER MEAL AND 60+ TAKE OUT MEALS (NOT HOME DELIVERED) IS A CHARGE OF \$5.00

SNAP vouchers accepted by calling the Lisbon Office

### ALL MEALS INCLUDE 8 oz 1% MILK

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|--|---|---|
|   |                         |                                    | Beef Stroganoff over<br>Egg Noodles<br>Corn<br>Roast Carrots<br>Tropical Fruit<br>Whole Wheat Dinner Roll | BBQ Chicken<br>Brown Rice<br>Steamed Peas and Carrots<br>Mandarin Oranges<br>Monster Bar                                      |
| <b>5</b>   | <b>6</b>   | <b>7</b>   | <b>8</b>  | <b>9</b>  |
| We will be closed for<br>Independence Day<br><br>Monday, July 5th<br><br> | Hot Pork & Cheese<br>Whole Wheat Bun<br>Scalloped Corn<br>Monte Carlo Vegetable Blend<br>Fruit           | Creamy Herb Chicken<br>Augratin Potatoes<br>Coleslaw<br>Zucchini Bread<br>Berry Crisp                                | Herb Crusted Fish<br>Vegetable Rice Pilaf<br>Creamed Peas<br>Fresh Fruit<br>Whole Wheat Dinner Roll       | Lil Cheddar Loaves<br>Baked Potato w/ S. Cream<br>Stewed Tomatoes<br>Diced Pears<br>Whole Wheat Bread<br>Peanut Butter Cookie |
| <b>12</b>  | <b>13</b>  | <b>14</b>  | <b>15</b>   | <b>16</b>   |
| Swiss Steak<br>Mashed Potatoes<br>Green Beans<br>Pineapple Tidbits<br>Whole Wheat Dinner Roll  | Tuna Noodle Casserole<br>Steamed Peas<br>Steamed Baby Carrots<br>Fruit<br>Whole Wheat Dinner Roll        | Roast Turkey<br>Mashed Potatoes w/ Gravy<br>Stuffing<br>Cucumber Salad<br>Peaches<br>Rice Crispy Bar                 | Lasagna<br>Asparagus Cuts<br>Lime Jello w/ Pears<br>and Whipped Topping<br>Garlic Toast                   | Rotini w/ Italian Chicken<br>Whole Wheat Breadstick<br>Lettuce Salad<br>Chunky Vegetable Salad<br>Fruit                       |
| <b>19</b>  | <b>20</b>  | <b>21</b>  | <b>22</b>   | <b>23</b>   |
| Herb Crusted Chicken<br>Rosemary Roast Potatoes<br>Mixed Vegetables<br>Mandarin Oranges<br>Banana Bread  | Lutheran Hotdish<br>Crinkled Cut Carrots<br>Corn<br>Fruit<br>Whole Wheat Dinner Roll                     | Lemon Pepper Fish<br>Wild Rice<br>California Blend Vegetables<br>Apricots<br>Whole Wheat Dinner Roll<br>Mint Brownie | Hamburger on a<br>Whole Wheat Bun<br>Potato Salad<br>Calico Beans<br>Berries                              | Bronze Pork Loin<br>Cheesy Potato Bake<br>Brussel Sprouts<br>Whole Wheat Dinner Roll<br>Fresh Fruit<br>Payday Cookie          |
| <b>26</b>  | <b>27</b>  | <b>28</b>  | <b>29</b>   | <b>30</b>   |
| Roast Beef Hoagie<br>Baked Potato<br>Green Beans<br>Pineapple Tidbits  | Swedish Meatballs<br>Mashed Potatoes w/ Gravy<br>Steamed Broccoli<br>Fruit Cocktail<br>Whole Wheat Bread | Pesto Chicken Bake<br>Smashed Potatoes<br>Tossed Salad w/ Ranch<br>Fresh Fruit<br>Whole Wheat Bread                  | Baked Ham<br>Scalloped Potatoes<br>Candied Carrots<br>Tropical Fruit<br>Whole Wheat Dinner Roll           | Beef Stew<br>Homestyle Biscuit<br>Steamed Peas and Corn<br>Fruit<br>German Chocolate Cake                                     |