

Cowlitz Senior Nutrition and Activities

Meals are served in Toledo Monday thru Friday. And Tuesday in Longview.

MONTH of JULY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Tuna Casserole with peas, Fruit, whole wheat roll	4  HAPPY 4 TH !!!	5 Cheesy Broccoli Soup, Turkey Sandwich, Fruit	6 Sloppy Joe, Baked Fries, Green Salad, Fruit	7 Green Chile chicken tortilla casserole, Salad bar	8
9	10 BBQ pork on bun, Coleslaw, Fruit	11 Chicken Caesar Salad, Fruit, Berry Short cake	12 Turkey Club Pasta Salad, Fruit, Dessert	13 Trip to Olympia Farmers Market, leaving @ 10 am	14 Chef Salad, Fruit, Bread BINGO @100	15
16	17 Chicken Strips, Baker, Slaw, Fruit	18 Meatloaf, Red potatoes, Peas, Fruit	19 Fish witch, Baked Fries, Pea Salad, Fruit	20 Beef Stroganoff, Green Beans, Roll, Fruit	21 Pancakes, Bacon, Sausage, Eggs, Fruit	22
23	24 BBQ Chicken Breast, Brown Rice, Fruit, Salad	25 Broccoli Beef, Rice, Vegie, Fruit	26 Salmon, Roasted Potato's, Broccoli, Fruit	27 Chicken avocado burger, Baked beans, Fruit	28 Liver & Onions, Vegie, Fruit	29
30	31 Steak Caesar, Fruit					

MENU SUBJECT TO CHANGE
Please contact Deb 360.864.7006
Or Nancy 360.864.7003
Milk, Juice and Bread available by request