




SENIOR CENTER MENU July 2018

104 Greenridge Road Snow Hill, NC 28580

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pepper Steak, Macaroni & Cheese, Field Peas, Applesauce, WWB, 2 % Milk	3 Turkey, Yams, String Beans, Peaches, Rolls, 2 % Milk	4 Senior Center Closed for Independence Day!	5 Baked Pork Chops, Boiled Potatoes, Broccoli, Pears, Rolls, 2 % Milk	6 Meatloaf, Green Lima, Winter Blend, Chocolate Pudding, Rolls, 2 % Milk
9 Ham, Macaroni & Cheese, Mixed Vegetables, Pineapples, Rolls, 2 % Milk	10 Roast Pork, Navy Beans, Collards, Peaches, Rolls, 2 % Milk	11 Spaghetti, Winter Blend, Pears, Garlic Toast, 2 % Milk	12 Fried Chicken, Potato Salad, String Beans, Vanilla Pudding, Rolls, 2 % Milk	13 Meatballs, Mashed Potatoes, Turnips, Oranges, Rolls, 2 % Milk
16 Smoked Sausage, Dry Lima, Cabbage, Vanilla Pudding, WWB, 2 % Milk	17 Beef Tips, Rice, Collards, Mixed Fruit, Rolls, 2 % Milk	18 Baked Pork Chops, Whole Potatoes, String Beans, Fruit Cocktail, Biscuits, 2 % Milk	19 Chicken Pot Pie, Yams, Corn, Peaches, Cornbread, 2 % Milk	20 Stew Beef, June Peas, Vanilla Pudding, Rolls, 2 % Milk
23 Hamburger Steak, Mashed Potatoes, Turnips, Pears, Rolls, 2 % Milk	24 BBQ Chicken, Boiled Potatoes, Black Eye Peas, Peaches, Biscuits, 2 % Milk	25 Fish, Baked Beans, Slaw, Oranges, Cornbread, 2 % Milk	26 Baked Pork Chops, Macaroni & Cheese, Peas & Carrots, Mixed Fruit, Rolls, 2 % Milk	27 Chicken Salad, Potato Salad, 3 Bean Salad, V. Pudding, Rolls, 2 % Milk
30 Pepper Steak, Macaroni & Cheese, Field Peas, Applesauce, WWB, 2 % Milk	31 Turkey, Yams, String Beans, Peaches, Rolls, 2 % Milk			 <small>shutterstock - 136152794</small>

***Ask about our Free LUNCH PROGRAM-Meals served at the Senior Center. NO Income Limits-if you live in Greene County & are at least age 60, you qualify. For more information about our Senior Nutrition Program, call 252-747-5436. *Free Transportation to & from the Senior Center may be available.**