




July

Lunch is offered for a low suggested donation of \$1 to qualified 60+ participants. Those 59 and under may purchase a meal for \$5.50. Lunch is served Monday-Friday at Goodbar and Evans Senior Centers 11:30 a.m. Advanced reservations are required. "This program is supported, in part, by the City of Mesquite, the Dallas Area Agency on Aging and the Texas Department of Health and Human Services."

Friday	
7/1/2022	
Independence Day Hamburger Patty~ Lettuce and Tomato Ranch Beans Hamburger Bun Apple Crisp  Milk Mustard and Ketchup	
7/8/2022	
Smoked Sausage* Lima Beans Okra and Tomatoes Hot Dog Bun Orange Gelatin w/Pineapple Milk Mustard	
7/15/2022	
Hamburger Patty~ Lettuce and Tomato Baked Beans Hamburger Bun Spiced Pineapple Tidbits Milk Mustard and Ketchup	
7/22/2022	
Christmas in July Turkey Breast with Gravy Cornbread Dressing Spring Vegetables Dinner Roll  Oreo Cookies Milk Margarine	
7/29/2022	
Hamburger Patty~ Lettuce and Tomato Baked Beans Hamburger Bun Hot Spiced Peaches Milk Mustard and Ketchup	

Monday	Tuesday	Wednesday	Thursday
7/4/2022	7/5/2022	7/6/2022	7/7/2022
Closed for Holiday 	Breaded Chicken Patty Orzo Pasta Mixed Vegetables Dinner Roll Fig Bar Milk	Meatloaf~ Tomato Gravy Whipped Potatoes Braised Carrots Cornbread Lemon Berry Pudding Milk Margarine	Mediterranean Chicken Lemon Herb Pasta Broccoli Texas Bread Brownie Milk
7/11/2022	7/12/2022	7/13/2022	7/14/2022
Turkey Pasta Bolognese Whole Kernel Corn Green Beans Texas Bread Sugar Cookie Milk	Beef with Rosemary Gravy~ Confetti Rice Broccoli Wheat Bread Fudge Cake Stick# Milk	Chipotle BBQ Chicken# Macaroni and Cheese Glazed Carrots Dinner Roll Zee Zee Birthday Bar Milk	Ham, Red Beans & Rice#* Herbed Green Peas Creole Tomatoes Texas Bread Chocolate Chip Cookie Milk
7/18/2022	7/19/2022	7/20/2022	7/21/2022
Turkey Rice Casserole Green Peas Squash/Zucchini/Tomatoes Multigrain Bread Fresh Orange Milk	Curry Chicken# Egg Fried Rice Broccoli/Carrots/Onions Texas Bread Sugar Cookie Milk	Salisbury Beef~ Brown Gravy Mixed Beans Medley Cabbage Dinner Roll Nutty Buddy Bar  Milk	Chicken Piccata Penne Pomodoro# Italian Green Beans Texas Bread Lime Gelatin with Peaches Milk
7/25/2022	7/26/2022	7/27/2022	7/28/2022
Parmesan Chicken Penne with Asparagus# Parsley Carrots Wheat Bread Lemon Blueberry Crisps# Milk	Swiss Steak~ Garlic Whipped Potatoes Green Beans Dinner Roll Fresh Apple Milk	Lemon Butter Pork Patty*~ Dirty Rice Spinach Wheat Bread Fudge Cream Cookie  Milk	Turkey and Noodles Broccoli Country Tomatoes Wheat Bread Lime Gelatin with Peaches Milk

Sarah Hutsler, RD, LD #DT81463 Expires 11/30/2023

* - Contains Pork  - Contains Peanuts ~ - Entrée Contains Soy # - New Menu Item