

# JULY 2009

To cancel your meal or RSVP, please call your site:  
 Corning 824-4727  
 Los Molinos 384-2100  
 Red Bluff 527-2414

	MON	TUE	WED	THU	FRI	
	<b>SUGGESTED DONATION FOR CONGREGATE MEAL &amp; HOME DELIVERED MEALS IS \$2.50</b> <b>NON SENIOR FEE "ANYONE UNDER 60" IS \$6.00 PER MEAL</b>					
	<b>2% Milk Included with Each Meal</b> <b>Menu is Subject To Change</b> <b>* Indicates High Sodium Menu</b>					
5	<b>6</b> <b>VEGETARIAN MENU</b> Southwestern Quiche Mexicali Corn Orange Juice Blueberry Muffin Pears	<b>7</b> Tuna Salad on Lettuce Marinated Vegetable Salad Pineapple Orange Juice Wheat Crackers Apple Crisp	<b>8</b> Swedish Meatballs Buttered Noodles Cauliflower & Zucchini Apple Juice Wheat Bread Peaches Pumpkin Cake	<b>9</b> Pulled Pork Sandwich Black Bean Salad Macaroni Salad Grape Juice Tropical Fruit Cup	<b>10</b> <b>ETHNIC DAY</b> Chicken Con Queso Refried Beans Spanish Rice, Tortilla Mixed Green Salad Chilled Mango	<b>11</b>
12	<b>13</b> Hot Turkey Sandwich Mashed Potatoes Green Beans Cranberry Juice Applesauce	<b>14</b> Salisbury Steak /Gravy Scalloped Potatoes w/ Buttered Crumbs Yellow & Green Squash Wheat Bread Melon Medley	<b>15</b> <b>HEALTHY HEART DAY</b> Baked Chicken Normandy Veg. Pineapple Coleslaw Bran Muffin Plums	<b>16</b> <b>VEGETARIAN MENU</b> Spinach Cheese Ravioli Broccoli Romaine Salad Garlic Bread Strawberries	<b>17</b> Ham/Cheese Deli w/ Lettuce & Tomato Orange Juice Carrot Raisin Salad Rye Bread (2) Watermelon	<b>18</b>
19	<b>20</b> Sloppy Joe w/Cheese 3-Bean Salad Pineapple Orange Juice Wheat Bun Cherry Dump Cake	<b>21</b> <b>ETHNIC DAY</b> Chicken Fajitas Tortilla, Spanish Rice Refried Beans Mango & Pineapple	<b>22</b> Veal Parmesan Spinach Beet & Mandarin Salad Wheat Roll Apricots	<b>23</b> Chicken Tetrazzi Cauliflower & Zucchini Apple Juice Seasoned Bread Stick Fruit Ambrosia	<b>24</b> <b>HEALTHY HEART DAY</b> Pork Chow Mein Stir Fry Vegetables Oriental Coleslaw Rice, Chow Mein Noodles Mandarin Oranges	<b>25</b>
26	<b>27</b> Spaghetti w/Meat Sauce Capri Vegetables Grape Juice Garlic Bread Tropical Fruit Cup	<b>28</b> BBQ Beef on Wheat Bun Baked Bean Medley Broccoli Salad Cantaloupe	<b>29</b> Salmon w/Morrey Sauce Rice Pilaf Marinated Vegetable Salad Orange Juice Applesauce	<b>30</b> Turkey & Cheese Deli 3-Bean Salad Cranberry Juice Wheat Bread (2) Peaches	<b>31</b> Coney Island Dog on Bun Macaroni Salad Pineapple Coleslaw Black Bean Salad Luanu Fruit Cup	