

**.Requested donation is \$5.00 for Seniors, \$8.00 for all others**

**Mondays**



**July 5**

**JCC closed for  
Independence Day Observance**

**July 12**

Lemon Chicken  
Mixed Vegetables  
Kasha Varnishkes/Gravy  
Whole Wheat Bread/ Margarine  
Peach Crisp

**July 19**

Spaghetti with Meatballs  
Coleslaw with Shaved Carrots  
Mixed Vegetables  
Roll/Margarine  
Fruit in Gelatin

**July 26**

Poached Salmon Filet, Tartar Sauce, & Lemon  
Peas and Carrots  
Steamed Baked Potato  
Whole Wheat Bread  
Sherbet

**Thursdays**

**July 1**

**Independence Day Celebration**

Hamburger on a Bun  
Lettuce, Tomato, Onion, Condiments  
Baked Beans  
Potato Salad  
Cantaloupe

**July 8**

Homemade Vegetarian Lasagna  
Marinara Sauce  
Spinach Orange Salad w/ Lite Dressing  
Peas and Carrots  
Garlic Bread  
Sherbet/ Birthday Cake

**July 15**

Poached Salmon Filet, Tartar Sauce & Lemon  
Orange Pineapple Juice  
Scalloped Potatoes  
Capri Vegetables  
French Bread/ Margarine  
Ice Cream Cup

**July 22**

Braised Beef Brisket  
Mixed Salad, Lite Dressing  
Lyonnaise Potatoes  
California Mixed Vegetables  
Sliced Sourdough w/ Margarine

**July 29**

Cranberry Glazed Chicken  
Carrot & Raisin Salad  
Potato Kugel  
Broccoli  
Rye Bread/ Margarine  
Citrus Cup