

| MONDAY (Breakfast for Lunch @BW) | TUESDAY (Breakfast for Lunch @ NB) | WEDNESDAY | THURSDAY (Breakfast for Lunch @ EB) | FRIDAY |
|--|---|---|---|--|
| | Chile-Lime Tilapia OR7/1 Sl. Ham w/Horseradish Sweet Potatoes Broccoli Cherry Cobbler | Bowl of Hearty Chili 2 Baked Potato w/ Sr Cream Salad w/ Italian Dressing Chocolate Brownie | Chicken Spiedies OR 3 Sausage w/Peppers & On. Baked Beans Macaroni Salad Ice Cream Sandwich | 4 Closed |
| Cheesy Shell Casserole 7 Italian Green Beans Salad w/ Tomato Vinaigr. Sliced Pears | Beef Stroganoff 8 Wide Noodles Whole Baby Carrots Pumpkin Bread Pudding | Liver w/ Onions OR 9 Holupki Mashed Potatoes Salad w/ Italian Dressing Heavenly Hash | Sliced Turkey w/Gravy 10 Mashed Potatoes w/ Gravy Whole Baby Beets Chocolate Chip Cookie | Salmon w/ Dill OR 11 Meatloaf w/ Gravy Scalloped Potatoes Broccoli Watermelon Slice |
| Herbed Chicken Filet 14 Bread Dressing w/ Gravy Winter Squash Applesauce | Cheese Ravioli 15 w/ Meatballs Spinach Salad w/ Ranch Dressing Honeydew Wedge | Build a Burger OR 16 Chicken Salad Sandwich Baked Beans Potato Salad Ice Cream Sandwich | Philly Cheesesteak 17 Sandwich Herbed Potatoes Corn Mandarin Oranges | Chile-Lime Tilapia OR 18 Ham Loaf w/ Cranberry Sweet Potatoes Peas w/ Pearl Onions Under-the-Sea Salad |
| Chicken Cacciatore 21 Wide Noodles Salad w/ Italian Dressing Lemon Pudding | Beef/Broccoli Stir Fry 22 Rice Monte Carlo Vegetables Chocolate Brownie | Sliced Pork w/ Gravy 23 Apple Bread Dressing Red Cabbage Supreme Pumpkin Pie Square w/ Topping | Beef Stew on a Biscuit 24 Green Beans Warm Spiced Peaches Gingerbread | Broc/Cheese Pollock or 25 Pork Rib BBQ Baked Potato Coleslaw Tropical Fruit Cup |
| Macaroni & Cheese 28 Stewed Tomatoes Brussels Sprouts Oatmeal Cookie | Liver w/ Onions OR 29 Chicken Spiedies O'Brien Potatoes Peas Fresh Watermelon Slice | Sliced Turkey w/Gravy 30 Mashed Potatoes w/ Gravy Spinach w/ Lemon Butter Sherbet Cup | Spanish Rice 31 Cream of Broccoli Soup Cucumber/Tomato Salad Sugar Cookie | Summer Herb Cod or 8/1 Sausage w/ Peppers/On. Herbed Potatoes Monte Carlo Vegetables Peach Cobbler |

July '08 Lunch Menu

at Broome County Senior Centers. Age 60+ – \$2.50; Under Age 60 – \$3.50

Reservations are needed by noon the day before. Menu subject to change.

For more information or the telephone number of a senior center near you, call 778-2298.