

July 2024

MILNOR

VALLEY SENIOR SERVICES MEALS ON WHEELS, TAKE OUT & MEALS AT THE CENTER

Suggested donation is \$4.00 a meal for people 60+ and spouse of 60+

UNDER 60 IS A CHARGE OF \$9.00 PER MEAL - SNAP vouchers accepted by calling the Lisbon Office

Menu is Subject to Change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| 1 Italian Meatballs Tomato Sauce Herbed Penne Pasta Italian Blend Veggies Pears with Vanilla Sauce Breadstick | 2 S/S B/L 2023 W2 Chicken Kiev O'Brien Potatoes Green Bean Oregano Ginger Baked Pears WW Bread | 3 Beef Fajita Spanish Rice Chuckwagon Corn Chips & Salsa Caramel Custard Raspberries | 4 CLOSED | 5 Hamburger WG Bun Lettuce, Tomato, onion Sweet potato Fries Corn on the cob pineapple |
| 8 CLOSED | 9 Beef Tips & Mushroom / Gravy Onion Mashed Potato Asparagus Strawberry Applesauce Bread x2 | 10 Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad | 11 Tater Tot Casserole Peas Peaches Bread x2 | 12 October 2023 W1 Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce Bread x2 |
| 15 CLOSED | 16 RS Ham Baked Potato Country Blend Veggies Banana Bread x2 | 17 Salisbury Steak / Gravy Mashed Potatoes Winter Blend Veggies Strawberry Cream Pie Bread x2 | 18 Jamaican Ribs Tex-Mex Cowboy Caviar Parslied Potatoes Potato Roll Fruit Cocktail | 19 Spaghetti House Salad / Dressing Malibu Blend Veggies Breadstick Peach Crisp |
| 22 CLOSED | 23 Meatloaf / Brown Gravy Mashed Potatoes Brussel Sprouts Ciabatta Roll Minted Pears | 24 Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions& Peppers Blueberries Bread x2 | 25 Grilled Chicken Breast Potato Salad Herbed Green Beans Cantaloupe Bread x2 | 26 Sloppy Joe Baked Beans Orange WW Bun Oven Baked Fries |
| 29 CLOSED | 30 Crispy Pork Loin White & Wild Rice Blend Marinated Cucumbers Sicilian Blend Veggies Tropical Fruit | 31 Grilled Salmon Baked Potato Cauliflower Orange Bread x2 | | |

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COGSWELL & FORMAN

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Menu is Subject to Change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| 1 Italian Meatballs Tomato Sauce Herbed Penne Pasta Italian Blend Veggies Pears with Vanilla Sauce Breadstick | 2 Balsamic Blackberry Chicken Tomato Cucumber Salad Brown Rice Pilaf Capri Blend Veggies Apple Bread x1 | 3 Beef Fajita Spanish Rice Chuckwagon Corn Chips & Salsa Caramel Custard Raspberries | 4 <p style="text-align: center;">CLOSED</p> | 5 Hamburger WG Bun Lettuce, Tomato, onion Sweet Potato Fries Corn on the cob Pineapple |
| 8 Beef Tips & Mushroom / Gravy Onion Mashed Potato Asparagus Strawberry Applesauce Bread x2 | 9 BBQ Pork Chop Southwest Macaroni Salad Squash Cornbread Fresh Plum | 10 Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad | 11 Tater Tot Casserole Peas Peaches Bread x2 | 12 <p style="text-align: center;">CLOSED</p> |
| 15 Spaghetti House Salad / Dressing Malibu Blend Veggies Breadstick Peach Crisp | 16 RS Ham Baked Potato Country Blend Veggies Banana Bread x2 | 17 Salisbury Steak / Gravy Mashed Potatoes Winter Blend Veggies Strawberry Cream Pie Bread x2 | 18 Jamaican Ribs Tex-Mex Cowboy Caviar Parslied Potatoes Potato Roll Fruit Cocktail | 19 <p style="text-align: center;">CLOSED</p> |
| 22 Sloppy Joe Baked Beans Orange WW Bun Oven Baked Fries | 23 Meatloaf / Brown Gravy Mashed Potatoes Brussel Sprouts Ciabatta Roll Minted Pears | 24 Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions& Peppers Blueberries Bread x2 | 25 Grilled Chicken Breast Potato Salad Herbed Green Beans Cantaloupe Bread x2 | 26 <p style="text-align: center;">CLOSED</p> |
| 29 Grandmas' Hotdish Zucchini Watermelon Breadstick | 30 Crispy Pork Loin White & Wild Rice Blend Marinated Cucumbers Sicilian Blend Veggies Tropical Fruit | 31 Salmon Loaf Roasted Red Potatoes Mixed Veggies Berry Crisp WW Bread | | |

July 2024

RUTLAND

VALLEY SENIOR SERVICES MEALS ON WHEELS, TAKE OUT & MEALS AT THE CENTER

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Menu is Subject to Change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| 1 Italian Meatballs Tomato Sauce Herbed Penne Pasta Italian Blend Veggies Pears with Vanilla Sauce Breadstick | 2 Balsamic Blackberry Chicken Tomato Cucumber Salad Brown Rice Pilaf Capri Blend Veggies Apple Bread x1 | 3 Beef Fajita Spanish Rice Chuckwagon Corn Chips & Salsa Caramel Custard Raspberries | 4 <p style="text-align: center;">CLOSED</p> | 5 Hamburger WG Bun Lettuce, Tomato, onion Sweet potato Fries Corn on the cob pineapple |
| 8 Beef Tips & Mushroom / Gravy Onion Mashed Potato Asparagus Strawberry Applesauce Bread x2 | 9 BBQ Pork Chop Southwest Macaroni Salad Squash Cornbread Fresh Plum | 10 Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad | 11 Tater Tot Casserole Peas Peaches Bread x2 | 12 <p style="text-align: center;">CLOSED</p> |
| 15 French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Kiwi | 16 RS Ham Baked Potato Country Blend Veggies Banana Bread x2 | 17 Salisbury Steak / Gravy Mashed Potatoes Winter Blend Veggies Strawberry Cream Pie Bread x2 | 18 Jamaican Ribs Tex-Mex Cowboy Caviar Parslied Potatoes Potato Roll Fruit Cocktail | 19 <p style="text-align: center;">CLOSED</p> |
| 22 Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce Bread x2 | 23 Meatloaf / Brown Gravy Mashed Potatoes Brussel Sprouts Ciabatta Roll Minted Pears | 24 Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions& Peppers Blueberries Bread x2 | 25 Grilled Chicken Breast Potato Salad Herbed Green Beans Cantaloupe Bread x2 | 26 <p style="text-align: center;">CLOSED</p> |
| 29 Grandmas' Hotdish Zucchini Watermelon Breadstick | 30 Crispy Pork Loin White & Wild Rice Blend Marinated Cucumbers Sicilian Blend Veggies Tropical Fruit | 31 Grilled Salmon Baked Potato Cauliflower Orange Bread x2 | <p style="text-align: center;">CLOSED</p> | <p style="text-align: center;">CLOSED</p> |