

## Senior Meals Whitingham Municipal Center

### JULY MENU

Tuesday, July 5<sup>th</sup> *Shepherds Pie, squash medley, tossed salad, apple cobbler*

Thursday July 7<sup>th</sup> *Cold Plate, Chicken & Ham salads, tomato & lettuce, pickle, potato salad, finger rolls, tomato soup, watermelon & blueberries Red White & Blue Day*

Monday July 11, Bennington shopping day-free Moover transportation – call ahead to reserve your spot 888-869-6287

Wednesday, July 13<sup>th</sup> Readsboro

Friday, June 15<sup>th</sup>, Halifax Meal.

**Tuesday July 12 & Thursday July 14<sup>th</sup>**

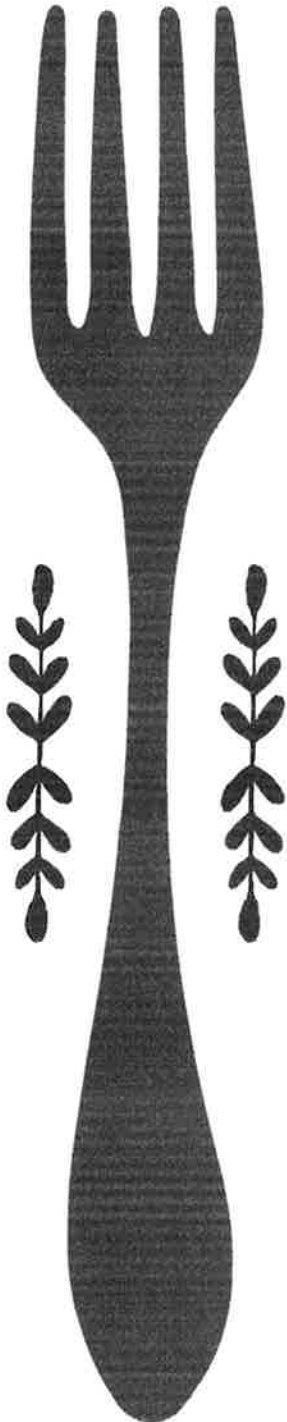
*Closed for volunteer vacation*

Tuesday July 19<sup>th</sup> *Sausage and Peppers sandwich, broccoli, cucumber salad, Ice Cream*

Thursday July 21<sup>th</sup> *Chicken with cranberries, wild rice, carrots, tortellini soup, chocolate chip cookie*

Tuesday, July 26<sup>th</sup> *Spinach & Cheese Ravioli in a red sauce, sausage, corn & black bean mix, Chicken soup, fresh fruit*

Thursday July 28<sup>th</sup> *Baked fish, rice, stir fry vegetables, waldorf salad, birthday cake*



For information call Deerfield Valley Meals 802-368-7567  
On Facebook: Deerfield Valley Senior Meals  
Tuesday & Thursday meal served at Noon

The Moover provides Free transportation to and from  
Senior Meals call for pick up 888-869-6287