

## Senior Meals Whitingham Municipal Center

### JULY MENU

**Thursday, July 2nd** *Pulled Pork Sandwich, coleslaw, sweet potato fries, tossed salad, strawberries & blueberries*

**Tuesday, July 7th** *Baked chicken, mashed potato, peas, Corn Chowder, Pudding*

**Thursday, July 9<sup>th</sup>** *Eggplant Parmesan, spaghetti, peas, Julienne vegetables, fresh fruit cocktail*

**Tuesday, July 8th Readsboro**

**Tuesday, July 14th** *Sausage and Peppers sandwich, broccoli, cucumber salad, Brownies*

**Friday, June 17<sup>th</sup>, Halifax Meal.**

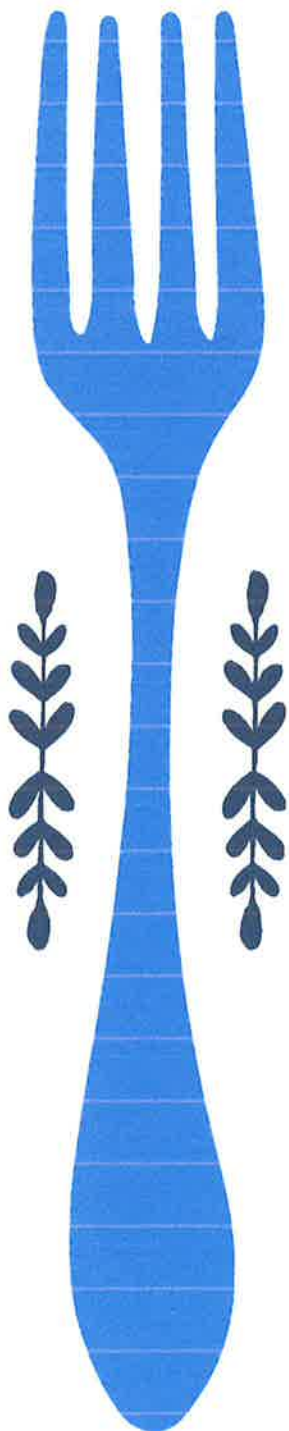
**Thursday July 16th** *Pork Tenderloin, corn, roasted potatoes,, Minestrone soup fresh fruit & pudding*

**Tuesday, July 21st** *Blackened Fish, rice pilaf, coleslaw, butternut squash soup, bread pudding*

**Thursday, July 23<sup>rd</sup>** *Beef stroganoff, green beans, chicken soup, fruited jello*

**Tuesday, July 28th** *Mild Chili, noodles ,green beams, Spinach and Tomato Salad, fresh melon*

**Thursday, July 31st** *Baked fish, rice pilaf, squash medley, fresh melon. Tossed Salad*



For information call Deerfield Valley Meals 802-368-7565  
On Facebook "Deerfield Valley Senior Meals"  
Tuesdays and Thursdays call between 9:30-10:30 to order  
\$4 suggested donation 60+ ...Meal pickup at Noon.