

**Lunch Served Daily at 12PM
Monday-Friday
Menu Changes May Occur Without Prior Notice**

**OCONEE COUNTY SENIOR CENTER
3500B Hog Mountain Rd Watkinsville
(706) 769-3979**

JULY 2019

Monday

Tuesday

Wednesday

Thursday

Friday

1 Tomato Bisque

4 oz. Mixed Green Spinach Salad
w/Tomato, Carrot & Cucumber
1 oz. Light Dressing
2 pkg. Whole Wheat Crackers
Banana
Milk/Milk Substitute

**8 Hawaiian Chicken with
Pineapple, Onions & Peppers**

4 oz. Steamed Broccoli
4 oz. Brown Rice
4 oz. Pears
Milk/Milk Substitute

15 Pinto Beans w/Ham Bits

4 oz. Collard Greens
4 oz. Fruit Cocktail
Cornbread/Margarine
Milk/Milk Substitute

22 ¼ lb. Hamburger/WW Bun

4 oz. Black Bean Corn Salsa
4 oz. Coleslaw
Banana
Milk/Milk Substitute

29 Spinach Chicken Alfredo

4 oz. Steamed Carrots
4 oz. Mandarin Oranges
Milk/Milk Substitute

2 Holiday Meal

Fried Chicken
4 oz. Red Beans & Rice
4 oz. Green Beans
4 oz. Peach Cobbler
Milk/Milk Substitute

9 BBQ Chopped Pork

4 oz. Turnip Greens
4 oz. Roasted Butternut Squash
Cornbread/Margarine
4 oz. Banana
Milk/Milk Substitute

16 Homemade Meatloaf

4 oz. Squash Corn Skillet Bake
4 oz. Crowder Peas
4 oz. Peaches
Milk/Milk Substitute

23 Cilantro Lime Chicken

4 oz. Purple Hull Peas
4 oz. Monterey Vegetable Blend
4 oz. Tropical Fruit Salad
Milk/Milk Substitute

30 Cheese Omelet

4 oz. Grits
3 oz. LS Sausage Patty
4 oz. Tropical Fruit Salad
Milk/Milk Substitute

3 Beef Brat on WW Bun

4 oz. Sweet Potato Fries
4 oz. Tomato, Corn & Basil Salad
Whole Mandarin Orange
Milk/Milk Substitute

10 Chicken Tenders

4 oz. Coleslaw
4 oz. Baked Beans
4 oz. Apple Slices
Milk/Milk Substitute

17 Toasted Cheese Sandwich/WW

8 oz. Vegetable Beef & Barley Soup
1pkg. Vanilla Wafers
Banana
Milk/Milk Substitute

24 Beef Chili

4 oz. Brown Rice
4 oz. Mexican Squash Salad
2 pkgs. WW Crackers
Whole Mandarin Orange
Milk/Milk Substitute

31 Grilled Chicken Sandwich

Sliced Tomato, Lettuce
4 oz. Potato Salad
4 oz. Marinated Garden Salad
Banana
Milk/Milk Substitute

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CLOSED

11 Parmesan Crusted Tilapia

4 oz. Brussel Sprouts
4 oz. Honey Glazed Carrots
4 oz. Fresh Fruit Salad
Milk/Milk Substitute

18 Spinach/Sundried Tomato Pasta

4 oz. Tossed Salad
1 oz. Light Dressing
4 oz. Unsweetened Applesauce
Milk/Milk Substitute

25 Baked Pork Chop

4 oz. Candied Sweet Potato
4 oz. Green Beans
4 oz. Fresh Fruit Salad
Milk/Milk Substitute

Alternate Entrée: Turkey/Cheese Sandwich on Whole Wheat Bread. PLEASE NOTE: The alternate Entrée replaces the underlined menu item. Please make your lunch reservations and requests for the Alternate Entrée two (2) days in advance. Use the Pink Tickets located at the donation box near the kitchen window to place your order for the Alternate Entrée.

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CLOSED

12 Sheppard's Pie

4 oz. Squash Medley
4 oz. Pineapple Tidbits
Milk/Milk Substitute

19 Buttermilk Roast Chicken

4 oz. Tomato Salad
4 oz. Parslied Carrots
4 oz. Fresh Fruit Salad
Roll/Margarine
Milk/Milk Substitute

26 Baked Cod

4 oz. Broccoli Mango Salad
4 oz. Roasted Butternut Squash
3 Baked Hushpuppies/Tartar Sauce
Milk/Milk Substitute