

AUGUST 2017 SURPRISE SENIOR CENTER

PLEASE be seated by 11:55am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<p>Menu is subject to change without notice.</p> <p>To reserve your lunch, please call by 12 noon TWO business days before your selected day, same for cancelations 623-222-1500</p>	Mixed Salad Roast Beef w/ Gravy Wild Rice Asparagus Sliced Peaches	Soup of the Day Swedish Meatballs Pasta Italian Vegetables Apricots Alternative: Large Chef Salad – or – Deli Sandwich	Mixed Salad Cabbage Rolls Carrots Broccoli Mandarin Oranges Cookie	Soup of the Day Baked Fish w/ Dill Sauce Risotto Vegetables Tropical Fruit Alternative: Large Chef Salad – or – Deli Sandwich
7	8	9	10	11
Soup of the Day Onion Chuck Roast Spinach Salad Green Beans Fruit Compote	Mixed Salad Apple Balsamic Pork Mashed Red Potatoes Peas and Carrots Sliced Peaches Cookie	Soup of the Day Roast Turkey Potatoes au Gratin Mixed Vegetables Gelatin w/ Pears Alternative: Large Chef Salad – or – Deli Sandwich	Mixed Salad Meat Lasagna Italian Vegetables Garlic Bread Fresh Fruit	Soup of the Day Tuna Salad Plate Tomatoes, Cucumbers Vegetables Melon Cups Alternative: Large Chef Salad – or – Deli Sandwich
14	15	16	17	18
Soup of the Day Chicken Kiev Country Corn Rosemary Carrots Fresh Peaches	Mixed Salad Spaghetti w/ Meat Sauce Fresh Squash Yogurt Fruit Cups	Soup of the Day Roast Pork Mashed Potatoes Cauliflower & Carrots Basmati Rice Fresh Pears Alternative: Large Chef Salad – or – Deli Sandwich	Mixed Salad Chicken Marsala w/ Mushrooms Fettuccini Pasta Apricots	<i>Celebrate Summer at our Hawaiian Luau!</i> Hawaiian Menu No salad or sandwich option available today
21	22	23	24	25
Soup of the Day Roasted Turkey Rice Pilaf Zucchini Sliced Peaches	Mixed Salad Orange Glaze Salmon Roasted Red Potatoes Squash and Peppers Gelatin w/ Pears	Soup of the Day BBQ Chicken Mashed Potatoes Broccoli & Carrots Pineapple Chunks Alternative: Large Chef Salad – or – Deli Sandwich	Mixed Salad Beef Stew Wheat Biscuit Fresh Fruit	Soup of the Day Sesame Dill Fish Pecan Cabbage Slaw Beets Fruit Mix Alternative: Large Chef Salad – or – Deli Sandwich
28	29	30	31	
Soup of the Day Meatloaf Rice Pilaf Beets Broccoli Sliced Peaches	Mixed Salad BBQ Ribs Chef's Vegetables Green Beans Fresh Berries Cookie	Soup of the Day Roast Beef w/ Gravy Mashed Potatoes Mixed Vegetables Tropical Fruit Mix Alternative: Large Chef Salad – or – Deli Sandwich	Mixed Salad Pork Marsala Linguini Pasta Peas & Squash Apricots	 All meals are served with 2% Milk