

# All Senior Center Locations Menu July 2021

COA Phone: 237-0103

Charlevoix Senior Center: 547-5361      East Jordan Senior Center: 536-7831

Boyne Area Senior Center: 582-6682

Monday	Tuesday	Wednesday	Thursday	Friday
<p>ALL MEALS INCLUDE MILK, BREAD &amp; BUTTER, 2 VEGGIES &amp; A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p><b>Michigan Blue Berries served on July 15th &amp; 28th!</b></p>	<p><b>We have steamers for our vegetables now so enjoy our newly steamed vegetables beginning this month.</b></p>	<p><b>1. Independence Day Celebration</b> BBQ Pulled Pork Sandwich w/ Cheese, Soft Bun, Bacon Baked Beans, Fruit, Ice Cream Cup</p>	<p><b>2. I Forgot Day</b> Italian Chicken Pasta w/ Peppers, Onion &amp; Tomatoes, Light Alfredo Sauce, Bread Stick, Side Salad w/Ranch, Fruit</p>
<p><b>5. All COA Offices and Senior Centers will be CLOSED today for the 4th of July Holiday.</b></p>	<p><b>6. Kissing Day</b> Grilled Chicken Breast Sandwich w/Fried Onions &amp; Cheese, Honey Mustard Cup, Waffle Fries, Mixed Vegetables, Fruit</p>	<p><b>7. Ham &amp; Pineapple, Sweet Potatoes, Fresh Vegetable, Fruit</b></p>	<p><b>8. Fresh Homemade Meatballs w/ Mushrooms, Mashed Potatoes &amp; Gravy, Garden Vegetable, Fruit</b></p>	<p><b>9. Sugar Cookie Day</b> Pollock Almondine or Cooks Choice, Diced Rosemary Potatoes, Fresh Vegetables, Fruit</p>
<p><b>12. Breaded Eggplant Parmesan topped with Tomato Sauce &amp; Cheese, Pasta Marinara, Fresh Vegetables, Fruit</b></p>	<p><b>13. French Fry Day</b> Breakfast Sausage &amp; Cheese Quiche, Hash Browns, Warm Applesauce</p>	<p><b>14. Oven Fried Bone-in Chicken Thigh, Half of a Baked Potato, Sour Cream Cup &amp; Butter, Fresh Vegetables, Fruit</b></p>	<p><b>15. Christmas in July</b> Ground Sirloin with Onions, Masker Potatoes &amp; Gravy, Fresh Vegetables, <b>Special MI Blue Berry Dessert</b></p>	<p><b>16. Nacho Day</b> Seasoned Beef &amp; Rice, Roasted Corn, Cheese Sauce, Tortilla Chips, Sour Cream Cup, Fruit</p>
<p><b>19. Stick Out Your Tongue Day</b> Asian Mandarin Almond Chicken Salad with Oriental Dressing, Cup of Homemade Soup</p>	<p><b>20. Spaghetti w/ Meat Sauce, Garlic Biscuit, Vegetable Medley, Fruit</b></p>	<p><b>21. Junk Food Day</b> Roasted Pork &amp; Gravy, Scalloped Potatoes, Mixed Vegetables, Fruit</p>	<p><b>22. Open Faced Warm Reuben w/ Sauerkraut &amp; Swiss Cheese, 1000 Island Dressing , Wedge Fries, Fruit</b></p>	<p><b>23. Gorgeous Grandma Day</b> Shepard's Pie Ground Beef, Gravy &amp; Stew Vegetables topped with Mashed Potatoes, Fruit</p>
<p><b>26. Aunts &amp; Uncles Day</b> Bacon Cheese Beef Cheese Burger, Soft Bun, Wedge Fries, Vegetable Medley, Fruit</p>	<p><b>27. Chef Salad with Ham, Turkey &amp; Cheese, Ranch Dressing, Fruit Cup of Homemade Soup</b></p>	<p><b>28. Milk Chocolate Day</b> Meatloaf, Mashed Potatoes, Gravy, Garden Vegetables, <b>MI Blue Berries &amp; Cream</b></p>	<p><b>29. Cheese Ravioli tossed with Olive Oil, Dices Tomatoes and Fresh Basil, Garlic Bread, Fruit</b></p>	<p><b>30. Friendship Day</b> Cooks Choice Potatoes, Fresh Vegetable, Fruit</p>