

SOMERS SENIOR CENTER

232-0807

Barbara Taberer
Program Director



MONDAY 7/5/21

!!! CLOSED !!!



TUESDAY 7/6/21

PORK CHOP SUEY
BROWN RICE
ORIENTAL VEGETABLES
CORN BREAD
PINEAPPLE CHUNKS

WEDNESDAY 7/7/21

MEATLOAF W/GRAVY
MASHED POTATOES
SPINACH
RYE BREAD
CARROT CAKE

THURSDAY 7/8/21

EGGPLANT PARMIGIANA
LINGUINI W/TOMATO SAUCE
BROCCOLI FLORETS
ITALIAN BREAD
FRUIT

FRIDAY 7/9/21

CHEF SALAD
POTATO SALAD
COLESLAW
WHOLE WHEAT BREAD
FRUIT

MONDAY 7/12/21

KNOCKWURST W/SAUERKRAUT
BAKED BEANS
MIXED VEGETABLES
HOT DOG ROLL
MANDARIN ORANGES

TUESDAY 7/13/21

STUFFED SHELLS
BROCCOLI FLORETS
TOSSED SALAD W/CHICKPEAS
ITALIAN BREAD
FRUIT

WEDNESDAY 7/14/21

CRISPY BAKED FISH
BUTTERED CARROTS
CORN
WHOLE WHEAT BREAD
PEACHES

THURSDAY 7/15/21

BREADED PORK CHOP
ROASTED POTATOES
SPINACH
PUMPERNICKEL BREAD
TAPIOCA PUDDING

FRIDAY 7/16/21

CHICKEN WALDORF SALAD
BEET SALAD
GREEN BEAN SALAD
DINNER ROLL
FRUIT

MONDAY 7/19/21

SALISBURY STEAK
MASHED POTATOES
GREEN BEANS
DINNER ROLL
PEARS

TUESDAY 7/20/21

MACARONI & CHEESE
SPINACH
STEWED TOMATOES
MULTIGRAIN BREAD
FRUIT

WEDNESDAY 7/21/21

ROAST TURKEY W/GRAVY
BAKED SWEET POTATO
CRUMB BAKED CAULIFLOWER
MULTIGRAIN BREAD
FRUITED GELATIN

THURSDAY 7/22/21

CHEESE RAVIOLI
TOSSED SALAD W/CHICKPEAS
BROCCOLI FLORETS
ITALIAN BREAD
FRUIT

FRIDAY 7/23/21

SEAFOOD SALAD
PEPPERS & MUSHROOM SALAD
CUCUMBER SALAD
POTATO BREAD
MANDARIN ORANGES

MONDAY 7/26/21

BAKED FLOUNDER
BOWTIE PASTA W/BASIL PESTO
BABY CARROTS
MULTIGRAIN BREAD
AMBROSIA

TUESDAY 7/27/21

HAWAIIAN MAINLAND CHICKEN
BROWN RICE
GREEN BEANS
DINNER ROLL
BANANA & STRAWBERRY SALAD

WEDNESDAY 7/28/21

BBQ CHICKEN
HOT GERMAN POTATO SALAD
COLESLAW
DINNER ROLL
CAKE

THURSDAY 7/29/21

BEEF STEW
BUTTERED NOODLES
BRUSSEL SPROUTS
WHOLE WHEAT BREAD
MANDARIN ORANGES

FRIDAY 7/30/21

EGG SALAD SANDWICH
THREE BEAN SALAD
TOSSED SALAD
RYE BREAD
FRUIT

* Milk served daily

**Menus subject to change without notice.

IF YOU HAVE A FOOD ALLERGY, PLEASE CONTACT THE OFFICE.

***** SUGGESTED DONATION - \$3 PER MEAL *****