




July 2018

*HDM to receive Option A.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 Coconut Curry Chicken Chicken topped with a slow simmered coconut curry sauce	3 Egg Salad Sandwich On Artisan Whole Grain Ciabatta	4 CENTER CLOSED 	5 Beef Bourguignon Classic hearty meat dish simmered with carrots, potatoes and mushrooms	6 Lemon Herb Chicken Roasted chicken topped with a lemon herb reduction	
9 Sicilian Pork Loin Roasted loin topped with tomato sauce and a blend of cheese & herbs	10 Beef Taco Salad Savory Meat served over Crispy Tortillas and topped with Lettuce, Tomato and Cheese	11 Roasted Fish and Salsa! Fish topped with Pico De Gallo, Crushed Tortilla and Cheese	12 Chef's Cajun Jambalaya Chicken with the trinity of celery, peppers and onions	13 Beef Stroganoff A Russian Dish of beef sauté and sour cream sauce served over noodles.	
16 Chicken Milano Chicken with garlic, sun-dried tomatoes and fresh basil.	17 Roasted Pork Loin and Gravy Taste of Home Roasted Pork Loin with gravy	18 Broccoli Beef Sliced steak and broccoli are quickly cooked in a soy-ginger sauce	19 Tuna Salad Sandwich on Artisan Ciabatta Roll	20 Chicken Teriyaki Low Sodium Oven Roasted Chicken, House Made Ginger Teriyaki Sauce, Fresh Green Onion	
23 BBQ Pulled Pork Sandwich BBQ Sauce, Pork & Hoagie	24 Chile Egg Puff "A Senior Center Favorite"	25 Asian Sesame Chicken Salad Romaine, Chicken, Won Ton Strips, Mandarin & Asian Sesame Vinaigrette	26 Spaghetti and Meatballs Classic Italian Meal!	27 Kalbi Beef Korean Style Beef Strips stir-fry served over Wild Rice	
30 Lemon Herb Chicken Roasted Chicken topped with a lemon herb reduction	31 Shepard's Pie Layered meat, mashed potatoes and vegetables topped with savory gravy	  			

The mission of the SCV Senior Center is to promote quality of life for seniors.
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