



**CHAMPLAIN SENIOR CENTER**  
Burlington, Vermont

**July 2010**

Menu is subject to change depending on availability of supply.  
**Attention: We have had a request to add more fruit to the menu, enjoy!**  
please let us know what you think!!

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Salisbury Steak New Red Potatoes Summer Vegetable Pumpnickel Bread Pudding with Bananas	2 Happy Holiday No Meals
5 Happy Holiday No Meals	6 Chicken & Biscuits Mashed Potatoes Mixed Vegetables Chocolate Pudding	7 Tomato Topped Meatloaf/No Gravy Mashed Potatoes Honey Dill Carrots Dinner Roll Fig Newtons	8 Chicken Stew Harvard Beets Biscuit Apricots	9 Roast Pork Au Jus Apple Sauce Mashed Potatoes Vegetable Medley Whole Wheat Roll Fruit Filled Cookie
12 Macaroni & Beef Soup Tuna Salad Lettuce & Cheese Bulky Roll Fruited Jello with Topping	13 Cold Sliced Ham Mustard Potato Salad Three Bean Salad Bulky Whole Wheat Roll Fruit Cocktail	14 Swedish Meatballs Egg Noodles Summer Vegetables Corn Bread Peaches	15 Goulash Tossed Salad Italian Bread Tapioca Pudding	16 BBQ Riblets Roasted Vegetables and Potatoes Whole Wheat Roll Butterscotch Pudding
19 Turkey a la King Mashed Potatoes Spinach Biscuit Pears	20 Broccoli Soup Egg Salad Cheese & Lettuce Croissant Ambrosia	21 Pot Roast Roasted Potatoes and Vegetables Wheat Bread Fresh Fruit	22 Corn Chowder Tuna Salad Lettuce & Tomato Cottage Cheese Bulky Wheat Roll Brownie	23 Macaroni & Cheese Harvard Beets Pumpnickel Bread Carrot Cake
26 Meatball Subs Cottage Cheese Garden Salad Hot Dog Roll Watermelon	27 Sweet and Sour Chicken Rice Pilaf Summer Vegetables Blueberry Muffin Pineapple	28 <b><u>Night Meal</u></b> Roast Pork Strawberry Shortcake Entertainment at 4:00 Dinner at 5:00 Tickets required Please see Marie	29 BBQ Chicken Scalloped Potato Summer Vegetable Whole Wheat Roll Bavarian Cream	30 Spaghetti & Meatballs Garden Salad Italian Bread Sherbet

1% milk is served with all meals.