



**GENAGE CAFÉ MENU – JULY 2010**  
NOON MEAL MUSCATINE COUNTY  
SUGGESTED DONATION \$ 2.75 CAFÉ DINING, \$ 3.00 HOME DELIVERED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1) 3 oz Baked Salmon ½ c Parslied Red Potatoes ½ c Peas 1 sl 7-Grain Bread 1 c Red Grapes 1 pc Lemon Cake	2) <b>CELEBRATE INDEPENDENCE</b> 3 oz Fried Chicken 1/2 c Scalloped Potatoes 1/2 c California Blend Vegetables 1 Whole Grain Roll 1 c Melon Cup 1 pc Stars & Stripes Cheesecake	3) 3 oz BBQ Pork on 1 Wheat Bun ½ c Scalloped Corn 1 c Fresh Vegetables ½ c Mandarins & Bananas 1 Chocolate Chip Cookie
4) <b>HAPPY 4<sup>th</sup> of JULY</b> 3 oz Grilled Hamburger on 1 Wheat Bun w/ Lettuce & Tomato ½ c Oven Browned Potatoes ½ c 3-Bean Salad 1 Watermelon Wedge 1 pc Red, White, & Blue Gelatin Cake	5) ½ c Cranberry Juice 3 oz Roast Turkey ½ c Whipped Potatoes w/ Gravy ½ c 4-Way Mixed Vegetables 1 Wheat Dinner Roll 1 Nutty Bar	6) 1 c Navy Bean Soup w/ 1 Corn Muffin 1 c Romaine Salad 1/3 c Cottage Cheese w/ ½ c Sliced Strawberries 1/10 Lemon Meringue Pie	7) 3 oz Roast Pork ½ c Whipped Potatoes w/ Gravy ½ c Brussel Sprouts 1 sl 7-Grain Bread ½ c Apple Raspberry Salad ½ c Vanilla Pudding	8) 1 c Chicken Spaghetti ½ c Vegetable Blend 1 Wheat Dinner Roll 1 c Fresh Melons 1 Oatmeal Cookie	9) 3 oz Roast Beef 1 Baked Potato ½ c Peas & Carrots 1 sl Extra Fiber Bread ½ c Pineapple ½ c Vanilla Ice Cream	10) 1 c Tuna Rice Supreme ½ c Asparagus 1 c Tossed Salad 1 sl 7-Grain Bread 1 c Fresh Strawberries 1 sl Angel Food Cake
11) 3 oz Seasoned Baked Chicken 1 Baked Potato ½ c Spinach 1 sl Whole Wheat Bread ½ c Citrus Sections 1 oz Trail Mix	12) ½ c Orange Juice 1 c Rotini w/ Meat Sauce ½ c Green Beans 1 sl Garlic Bread 1/10 Coconut Pie	13) 3 oz Baked Fish ½ c Rice Pilaf ½ c Broccoli 1 sl Whole Wheat Bread 1 pc Peach Cobbler	14) <b>HAPPY BIRTHDAY</b> 3 oz Oven Fried Chicken ½ c Whipped Potatoes w/ Gravy ½ c Caribbean Blend Vegetables 1 Wheat Dinner Roll 1 pc White Cake ½ c Raspberry Sherbet	15) 3 oz Roast Pork 1 Baked Yam ½ c Steamed Cabbage 1 Bran Muffin ½ c Apple Salad ½ c Chocolate Pudding	16) 1 c Vegetable Beef Soup w/ 4 Wheat Crackers 2 oz Chicken Salad on 1 sl 7-Grain Bread 1 c Fresh Spinach Salad 1 c Cantaloupe 2 Gingersnaps	17) 3 oz Swiss Steak 1 Baked Potato ½ c Green & Wax Beans 1 sl Extra Fiber bread ½ Mandarin Oranges 1 Sugar Cookie
18) 3 oz Roast Beef ½ c Whipped Potatoes w/ Gravy ½ c Whole Kernel Corn 1 sl 7-Grain Bread 1 c Honeydew Cubes 1/10 Fruit of the Forest Pie	19) ½ c Vegetable Juice (LS) 3 oz Oven Browned Pork Chop ½ c Bread Dressing ½ c Lima Beans 1 sl Rye Bread ½ c Cinnamon Applesauce	20) 3 oz Salmon Burger on 1 Wheat Bun ½ c Peas & Carrots ½ c Coleslaw 1 c Fresh Melon 1 Peanut Butter Cookie	21) <b>TOUR OF ITALY</b> 1 c Classico Lasagna ½ c Italian Vegetables 1 c Mixed Green Salad w/ Zesty Italian Dressing 1 Garlic Breadstick ½ c Fruit Ice	22) 3 oz Turkey Pot Roast ½ c Pot Roast Potatoes ½ c Pot Roast Vegetables 1 sl Extra Fiber Bread 1 pc Strawberry Shortcake	23) 3 oz French Dip Beef on ½ Hoagie Roll ½ c Oven Browned Potatoes ½ c Carrots 1 c Fresh Melon ½ c Tapioca Pudding	24) 1 c Chicken & Noodles ½ c Stewed Tomatoes 1 sl 7-Grain Bread 1 Banana ½ c Chocolate Ice Cream
25) 3 oz Mushroom Steak 1/2 c Whipped Potatoes w/ Gravy 1/2 c California Blend Vegetables 1 sl 7-Grain Bread 1 pc Marble Cake	26) 3 oz Italian Baked Chicken 1 Baked Potato 1/2 c Asparagus 1 sl Extra Fiber Bread 1/10 Banana Cream Pie	27) 1 c Scalloped Potatoes & Ham 1/2 c Brussel Sprouts 1 c Romaine Salad 1 sl Rye Bread 1 pc Pineapple Upsic down Cake 	28) 3 oz Chicken Patty on 1 Wheat Bun 1/2 c Potato Salad 1 c Marinated Vegetables 1 c Fresh Fruit Cup 1 Ranger Cookie	29) 3 oz Beef Liver/Roast Beef 1/2 c Whipped Potatoes w/ Gravy 1/2 c Carrots 1 sl Wheat Bread 1/2 c Fruit Cocktail 1 Strawberry Sundae	30) <b>JOIN RAGBRAI FOR A TASTE OF IOWA</b> 3 oz Pork Chop on 1 Wheat Bun 1/2 c Corn-off-the-Cob 1/2 c Cucumbers & Onions 1 Watermelon Wedge 1 Chocolate Brownie	31) 3 oz Crunchy Baked Fish 1/2 c Parslied Red Potatoes 1/2 c Peas 1/2 c Coleslaw 1 Corn Muffin 1 Fresh Nectarine
 Salt Shaker indicates higher sodium			<b>Senior Resources</b> 263-7292	CLARK HOUSE 263-7252 FRUITLAND 264-1748 HERSHEY 263-8337 MUSC TOWERS 263-9915 WEST LIBERTY 627-6848 WILTON 732-3558	Implemented By: <b>Generations Area Agency on Aging</b> 563-324-9085/ 800-892-9085	Meals Provided By: <b>Trinity, Muscatine</b> Nutrition Program