July Menu 2020

Siloam Springs Senior Activity & Wellness Center

Foot Prints of Seniors

Mon	Tue	Wed	Thu	Fri
We Serve Lunch at 12:00 Noon **Monday - Friday Anyone 60+**	**Suggested Meal Donation - $3.00** **Individuals Under 60 and Take Outs - $5.00** **Center Director Reserves the Right to Change the Menu as Needed**	1 Frito Chili Pie Fiesta Corn Tossed Salad w/Ranch Dressing Hot Spiced Peaches	2 Smothered Pork Chop Parslied Noodles Cornbread Broccoli/Cauliflower Fruited Gelatin	3 **SAC CLOSED** **4TH OF JULY** **HOLIDAY**
6 Chicken Quesadilla Spanish Rice Beans Jell-O Poke Cake	7 Beef Lasagna Tossed Salad w/Ranch Dressing Garlic Bread Cookie	8 Lemon Pepper Chicken Green Beans Roasted Red Potatoes Harvard Beets	9 Tater Tot Casserole w/Beef Corn Coleslaw Cherry Crisp	10 Breaded Chicken Sandwich Lett/Tom/Pickle/Onion Baked Beans Breaded Okra
13 Chicken Ala King over Biscuits Broccoli w/Cheese Pineapple Tidbits	14 Beef & Broccoli Stir Fry Chow Mein Egg Roll w/Sauce Fortune Cookie	15 Chicken Fried Steak Mashed Potatoes w/Gravy Corn Wheat Roll	16 Beef Fajitas Mexican Rice Beans Corn Tortilla Sour Cream Chocolate Cake	17 Egg & Sausage Casserole Oven Baked Potatoes Biscuit w/Jelly Fruit
20 Poppy Seed Chicken w/Egg Noodles Green Beans Applesauce	21 Hamburger Steak w/ Brown Mushroom Gravy Mashed Potatoes Peas Rainbow Sherbet	22 BBQ Chicken Baked Beans Coleslaw Apricots	23 Pork Fritter w/Plum Sauce Scalloped Potatoes Creamed Corn Roll Cookie	24 Cheeseburger Lett/Tom/Pickle/Onion Sweet Potato Fries Banana Pudding
27 Fiesta Chicken Garden Blend Rice Pinto Beans Cornbread Fresh Fruit	28 Pulled Pork Au Jus w/Gravy Au Gratin Potatoes Seasoned Greens Fruit Cup	29 Beef Stroganoff w/ Egg Noodles Steamed Broccoli w/Cheese Cinnamon Applesauce Roll	30 Chicken Pot Pie Mashed Potatoes Cucumber/Red Onion/ Tomato Salad Cherry Cobbler	31 Smoked Sausage w/Cabbage Corn & Lima Beans Banana Cornbread

Siloam Springs Senior Activity & Wellness Center
750 Heritage Court
Siloam Springs, AR 72761
Phone: 479-524-5735
Fax: 479-524-9864
E-Mail director.siloam@ohcnwa.org (Alejandra)
E-Mail assistant.siloam@ohcnwa.org (Debi)

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