

Goliad County Senior Citizens Center

JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Beverage 1% Reduced Fat Milk				
1	2	3	4	5
BBQ Sausage Pinto Beans Sautéed Cabbage Bread Pear Halves	Spaghetti & Meat Sauce Zucchini Toss Salad w/Dressing Toasted Garlic Bread Cookies	Hamburger on Bun Onions, Lettuce, Tomato & Pickle Baked Beans Potato Chips Gelatin Fruit Salad	CLOSED FOR 4 TH OF JULY HOLIDAY	Chicken Tetrazzini Broccoli Mixed Fruit Bread Pie
8	9	10	11	12
BBQ Beef on Bun Potato Salad Sliced Onion & Pickle Cabbage Slaw Apple Crisp	Ham & Cheese Sandwich Lettuce, Tomato & Pickle Carrot & Raisin Salad Potato Chips Fruit Spice Cake w/Frosting	Beef Burrito Pinto Beans Fiesta Corn Fruit Banana Bread	Hawaiian Chicken White Rice Peas Green Salad Salad Dressing Bread Fruit Cocktail	Chicken Noodle Soup Tuna Salad on Lettuce Tomato Quarters Saltine Crackers Oatmeal Cookie
15	16	17	18	19
Crispy Oven Fried Chicken White Rice w/Gravy Mixed Vegetable Sautéed Cabbage Fruit Cup	Soft Beef Taco Flour or Corn Tortilla Lettuce & Tomato Squash Pinto Beans Fruit	Beef Roast w/Gravy Vegetable Melody Roasted Carrots & Potatoes Dinner Roll Birthday Cake	Pork Chop Mashed Potatoes w/Gravy Broccoli Mandarin Oranges Brownie	Salmon Patty with Tartar Sauce Herbed Rice Green Beans Bread Banana Pudding with Wafers
22	23	24	25	26
Roasted Chicken Quarter Mashed Potatoes w/Gravy Zucchini Bread Fresh Fruit Cup	Beef Tips Herbed Rice Baked Spinach Green Salad Salad Dressing Chocolate Pudding	Braised Beef Brisket Brown Gravy Vegetable Casserole Black Eyed Peas Bread Cherry Gelatin	Chopped Beef Steak Mushroom Gravy Whipped Potatoes Sautéed Greens Bread Cookie	Fried Fish Baked Broccoli & Rice Casserole Roasted Carrots Green Salad w/Salad Dressing Hush Puppies Peach Slices
29	30	31		
Ground Beef and Spanish Rice Fiesta Corn Broccoli Breadl Chocolate Cake w/Frosting	Turkey Sandwich Lettuce & Tomato Vegetable Soup Fruit Chips Gingerbread Square	Pineapple Glazed Ham Green Beans Candied Sweet Potatoes Macaroni Salad Bread Vanilla Pudding		