

# Greater Bridgeport Senior Community Café

Eisenhower 203-330-4541; Black Rock 203-579-1323; N.E.Bethany 203-576-7730

**MENU ITEMS  
SUBJECT TO CHANGE**

## July Menu 2016

1% or Skim milk provided  
Margarine available

**SUGGESTED DONATION \$2.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>Fourth of July Special 1</b> Apple Juice Cheeseburger Lettuce and Tomato LS Baked Beans Corn on the Cob  Hamburger Roll  Italian Ice
 4 <b>Closed</b>	5 Roast Turkey Turkey Gravy Cranberry Stuffing Peas Cranberry Sauce  Dinner Roll  Fresh Plum	6 Chicken Scampi Linguini Broccoli w/ Red Pepper  12 Grain Bread  Citrus Selections	7 Apple Juice Sloppy Joe Mashed Potatoes Green Beans <b>Happy Birthday</b> Hamburger Roll  Birthday Cake	8 Minestrone Soup Unsalted Crackers Chef Salad with LS Ham, LS Turkey, Cheese, Egg, Tomato, Cucumbers and Olives Ranch Dressing Pumpernickel Bread Fresh Orange
11 Unbreaded Veal Cutlet Picatta Sauce Sweet Potato Spinach  Rye Bread  Melon	12 Eggplant Rolatini Meat Sauce Whipped Potatoes Broccoli  12 Grain Bread  Fresh Peach	13 N.E. Clam Chowder Unsalted Crackers Asian Chicken Salad with Chicken Strips, Mandarin Oranges, Sesame Seeds and Cucumbers Breadstick Grapes	14 Salisbury Steak LS Gravy Mashed Potatoes Carrots  Oat Bread  Fruit Cocktail	15 Cranberry Juice Lemon Pepper Fish Rice Pilaf Chuck Wagon Veggies  Multigrain Bread  Rice Pudding
18 Grilled Orange Chicken Orange Sauce Mashed Potatoes Winter Blend Veggies  Whole Wheat Bread  Tropical Fruit Cup	19 Cranberry Juice Turkey Pot Pie with Turkey, Rice, Mushrooms, Carrots. and Peas Tuscany Blend Veggies  Biscuit  Oatmeal Cream Pie	20 Asian Beef Strips with Ginger Sauce Brown Rice Oriental Blend Veggies Garden Salad Italian Dressing  Pumpernickel Bread  Pineapple Chunks	21 Chicken Vegetable Soup Unsalted Crackers American Goulash Scandinavian Veggies  12 Grain Bread  Fruited Yogurt	22 Apple Juice Beef Riblet BBQ Sauce Sweet Potato Tots Corn with Black Beans  Hamburger Bun  Watermelon
25 Grape Juice Eye of the Round Mushroom Gravy Whole Potatoes Carrots  Rye Bread  Pineapple Chunks	26 Orange Juice Pier 17 Fish Sweet Potato Versailles Veggies  12 Grain Bread Vanilla Chocolate Ice Cream Cup	27 Cranberry Juice Philly Cheese Steak Onions and Peppers Tri-Color Pasta Salad Carrot Raisin Slaw  Sub Roll  Peaches	28 BBQ Pork loin BBQ Sauce Red Beans and Rice Spinach  Corn Muffin  Applesauce	29 Turkey Stew Egg Noodles Green Beans  Multigrain Bread  Banana