

Guadalupe Senior Center Menu August 2022

1	2	3	4	5
<p>Lemon Baked Fish Green Peas Baked Potato Wheat Dinner Roll Margarine Tartar Sauce Sour Cream Red Grapes 1 % Milk</p>	<p>Hamburger American Cheese Lettuce, Tomato Pickle, Onion Sweet Potato Fries WG Hamburger Bun Ketchup, Mustard, Mayo Jell-o w/ Pineapple 1% Milk</p>	<p>Baked Shredded Pork Pico de Gallo Mexican Pinto Beans Mexican Rice Sour Cream White Corn Tortilla Fruit Delight 1 % Milk</p>	<p>Baked Chicken Quarter Leg Carrots Sweet Potato Fries Whole Wheat bread Margarine Citrus Mix 1% Milk</p>	<p>Battered Pollock Fish Carrots Cabbage/ Kohlrabi Coleslaw Wheat Dinner Roll Margarine Tartar Sauce Mandarin Oranges 1% Milk</p>
8	9	10	11	12
<p>Sloppy Joe Broccoli Home Style Potato Salad WG Hamburger Bun Banana 1% Milk</p>	<p>Chicken Strips Broccoli Salad Carrots Wheat Crackers Margarine Honey Mustard Sauce Pineapple chunks 1% Milk</p>	<p>Pork Cutlet LS Brown Gravy Mashed Potatoes Green Peas Wheat Dinner Roll Margarine Tropical Fruit 1% Milk</p>	<p>Chicken Fajitas w/ Peppers & Onion Shredded Lettuce Pico de Gallo W W Flour Tortilla Mexican Rice Sour Cream Watermelon 1% Milk</p>	<p>WW Spaghetti & Meatballs Italian Vegetables Tossed Salad w/ Red Cabbage & Tomato Italian Dressing Garlic Bread Margarine Parmesan Cheese Fruit Delight 1% Milk</p>
15	16	17	18	19
<p>Tuna Salad Plate Boiled Egg Broccoli Salad Sliced Tomato Lettuce Leaf Wheat Bread Strawberries & Banana 1% Milk</p>	<p>Beef Taco Salad Shredded Cheese/ Lettuce & Diced Tomatoes Mexican Pinto Beans White Corn Tortilla Chips Salsa Sour Cream Honey Dew Melon 1% Milk</p>	<p>Grilled Chicken Breast Sandwich Creamy Coleslaw Corn WG Hamburger Bun Margarine Mustard/Mayo Fancy Pineapple- Orange Salad 1% Milk</p>	<p>BBQ Pulled Pork Sandwich Broccoli Salad Baked Beans WG Hamburger Bun Fruit cocktail 1% Milk</p>	<p>Chicken Parmesan Italian Vegetables Spinach Garlic Bread Margarine Vinegar Garlic Bread Graham Crackers Fruit Delight 1% Milk</p>
22	23	24	25	26
<p>Beef Enchilada Casserole Shredded Lettuce Diced Tomato Mexican Pinto Beans Chuck Wagon Corn Sour Cream Pineapple Chunks 1% Milk</p>	<p>BBQ Chicken Fresh Tomatoes And Cucumbers Broccoli Salad Wheat Bread BBQ Sauce Margarine Citrus Mix 1% Milk</p>	<p>Spanish Chicken Mexican Rice Mexican Pinto Beans Carrots White Corn Tortillas Margarine Strawberries w/ Topping 1% Milk</p>	<p>Meatball Grinder w/Shredded Mozzarella Italian Vegetables Tossed Salad w/ Red Cabbage & Tomato Italian Dressing WW Hot Dog Bun Margarine Peaches 1% Milk</p>	<p>Oven Fried Chicken Chicken Gravy Mashed Potatoes Green Beans Wheat Roll Margarine White Cake w/ Strawberries Vanilla Ice Cream 1% Milk</p>
29	30	31	<p>**Please make reservations!</p> <p>Call 1-day ahead at 816-218-0972</p>	
<p>Pork Stir Fry w/ W G Brown Rice Oriental Vegetables Seasoned Cabbage White Dinner Roll Tropical Fruit Margarine LS Soy Sauce 1% Milk</p>	<p>Lemon Baked Fish Green Peas Baked Potato Wheat Dinner Roll Margarine Tartar Sauce Sour Cream Red Grapes 1 % Milk</p>	<p>Hamburger American Cheese Lettuce, Tomato Pickle, Onion Sweet Potato Fries WG Hamburger Bun Ketchup, Mustard, Mayo Jell-o w/ Pineapple 1% Milk</p>		