

# July



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## JOIN US FOR LUNCH!

Lunch is served at OPC Mon - Fri at NOON

Reservations required -

Call 248.659.1032 by 11 am the day prior

COST: 60 & over - \$4 donation | Under 60 - \$5 charge

**1** Roast Pork Loin  
Mashed Potato & Gravy  
Spinach  
Pears  
Wheat Bread

**2** Chicken & Biscuit  
Sliced Potatoes  
Vegetable  
Romaine Salad  
Pineapple Rings

**3**  
  
**BUILDING  
CLOSED**

**6** Macaroni & Cheese  
Mixed Vegetable  
Romaine Salad  
Fruit Cocktail  
Corn Muffin

**7** Chicken Florentine  
Whipped Potatoes  
Capri Blend Vegetable  
Peach Cobbler  
Dinner Roll

**8** Italian Lasagna  
Italian Green Beans  
Romaine Salad  
Orange Pineapple Salad  
Italian Bread

**9** Pizza Supreme  
Three Bean Salad  
Creamy Cole Slaw  
Red Apple  
Cookie

**10** Rosemary Chicken  
Breast  
Wild Rice  
Roasted Brussels Sprouts  
Romaine Salad  
Banana/Dinner Roll

**13** Salisbury Steak  
Stuffed Green Pepper  
Mashed Potatoes  
Carrots  
Apple  
Breadstick

**14** Chicken Kiev  
Red Skin Potatoes  
Capri Blend Vegetable  
Orange Sections  
Whole Wheat Bread

**15** Pub Burger  
Lettuce/Tomato  
Cucumber Salad  
Red Grapes  
Bun

**16** Tuna Tetrazzini  
Broccoli Cuts  
Garden Salad  
Peach Halves  
Wheat Roll

**17** Baked Ham  
Sweet Potatoes  
Mixed Vegetable  
Banana  
Dinner Roll

**20** Vegetable Lasagna  
Zucchini Cole Slaw  
Grapes  
Whole Wheat Bread

**21** Spaghetti  
w/Meat Sauce  
Italian Vegetable  
Cucumber & Tomato Salad  
Peaches  
Garlic Bread

**22** BBQ Chicken on Bun  
Broccoli Salad  
Potato Salad  
Banana

**23** Beef Stew  
w/Vegetables  
Cole Slaw  
Apple  
Corn Bread

**24** Turkey Breast  
w/Gravy  
Whipped Potatoes  
Steamed Spinach  
Cabbage Slaw  
Apple Cobbler/Roll

**27** Baked Pork Chop  
Scalloped Potatoes  
Mixed Vegetable  
Apple Slaw  
Fresh Pear  
Dinner Roll

**28** Smothered Chicken  
Chive Potatoes  
European Blend  
Fruit Surprise  
Whole Wheat Bread

**29** Tuna Tetrazzini  
Romaine Salad  
Green Beans  
Orange  
Wheat Bread

**30** Oven Baked Fish  
Potato Wedges  
Broccoli Cuts  
Banana  
Dinner Roll

**31** Pizza Supreme  
Three Bean Salad  
Romaine Salad  
Red Apple  
Cookie

OPC | 650 Letica Drive | Rochester, MI | 48307 248.656.1403

The Senior Nutrition Program of AgeWays is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. Contact information: [www.AgeWays.org](http://www.AgeWays.org) • 1.800.852.7795

--- Meals are subject to change based on availability ---