

Tri-Valley, Inc. - July 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Dudley 508-949-6640, Franklin 508-520-1422, Milford 508-478-8102, Northbridge 508-234-2002, Southbridge 774-289-9438, Spencer 508-885-5767, Sturbridge 508-347-5063, Sutton 508-234-0703, Upton 508-529-9094, Uxbridge 774-482-6174, West Brookfield 508-867-1411 Tri-Valley receives federal financial support under the Older Americans Act furnished by the Central Mass Agency on Aging and the Executive Office of Elder Affairs.				
6 Hot Dog on Bun Baked Beans Green Beans Coleslaw Strawberries Mustard	7 Greek Chicken Steamed Rice Roasted Broccoli Tapioca Pudding Diet = Sf Tapioca Pudding Pumpernickel Bread	1 Roast Pork Loin with Gravy Apple Cornbread Stuffing Roasted California Blend Veg Pears Whole Wheat Bread	2 BBQ Chicken Garlic Mashed Potatoes Summer Corn Yogurt Marble Rye Bread	3 Independence Day Observed No Meal Served
13 Teriyaki Beef Steamed White Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread	14 American Chop Suey Roasted California Vegetables Bread Pudding Pumpernickel Bread	15 Chicken Milano Wild Rice Spinach Mixed Fruit Italian Bread	16 Salisbury Steak with Gravy Garlic Mashed Potatoes Herbed Carrots Pears Sandwich Roll	17 Potato Crunch Fish Potatoes Au Gratin Mixed Vegetables Chocolate Mousse Marble Rye Bread Tartar Sauce
20 Marinated Pork Loin Herbed Potatoes Carrots Applesauce Muffin	21 Meatballs with Onion Gravy Bowtie Pasta Roasted Broccoli & Carrots Cookies Whole Wheat Bread	22 Jambalaya Rice Pilaf Green Peas Fruited Ambrosia Marble Rye Bread	23 Macaroni & Cheese Stewed Tomatoes Green Beans Peaches Italian Bread	24 Chicken Picatta Wild Rice Country Blend Vegetables Lemon Pudding Pumpernickel Bread
27 Lasagna & Meatballs Mixed Vegetables Vanilla Pudding Diet Vanilla Pudding Whole Wheat Bread	28 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pineapple Peasant Bread	29 Vegetable Cheese Bake Seasoned Potatoes Green Beans Peaches Italian Bread	30 Beef with Onions & Peppers Steak Cut French Fries Chuckwagon Corn Pears Sandwich Roll	31 Fish with Crumb Topping Lemon Seasoned Rice Roasted California Blend Veg Cookies Marble Rye Bread