

# Tri-Valley, Inc. - July 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>Italian Braised Beef</b> Steamed Rice Broccoli & Red Peppers Mixed Fruit	3 <b>Hot Dog</b> Baked Beans Coleslaw Strawberries & Blueberries	4 <b><u>Independence Day Holiday</u></b> <b><u>No Meals Served</u></b>	5 <b>Chicken Cacciatore</b> Gemmelli Pasta Italian Blend Vegetables Chocolate Mousse	6 <b>Potato Crunch Fish</b> Lemon Seasoned Potato Peas & Mushrooms Peach Crisp Diet = Applesauce
9 <b>Turkey Supreme</b> Wild Rice Green Beans Pineapple	10 <b>Baked Potato</b> w/ Chili & Cheese Mixed Vegetables Sour Cream Lorna Doone Cookies	11 <b>Chicken Mornay</b> Couscous Roman Blend Vegetables Apple Streusel Cake Diet = Small Piece	12 <b>Meatloaf</b> Gravy Sour Cream & Chive Potatoes Glazed Carrots Mixed Fruit	13 <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Fresh Fruit
16 <b>Swedish Meatballs</b> Mashed Potatoes Scandinavian Vegetables Butterscotch Pudding Diet = Tapioca Pudding	17 <b>Pork Rib-i-que</b> Sweet Potatoes Corn Niblets Fresh Melon	18 <b>Sloppy Joe</b> Rice Pilaf Summer Blend Vegetables Pineapple	19 <b>Catch of the Day</b> Lemon Seasoned Rice Roman Blend Vegetables Gingerbread Diet = Small Piece	20 <b>Buttermilk Chicken</b> Red Bliss Potatoes Mixed Vegetables Pear Crisp Diet = Pears
23 <b>Stuffed Pepper Casserole</b> Mashed Potatoes Carrots Peaches	24 <b>Burger</b> Chili Cheese Sweet Potato Fries Cucumber & Tomato Salad Fresh Fruit	25 <b>Roast Turkey</b> Gravy Cranberry Stuffing California Blend Vegetables Brownie Diet = Half Piece	26 <b>Garlic Herbed Chicken</b> Potatoes Au Gratin Green Beans Birthday Cake Diet = Plain Cake	27 <b>Breaded Fish</b> Tartar Sauce Potato Wedges Jardinière Vegetables Baked Cinnamon Pears
30 <b>American Chop Suey</b> Broccoli Bread Pudding	31 <b>Shepherd's Pie</b> Carrots Peas Lemon Pudding Diet = Sugar Free Pudding	Dudley 508-949-6640, Franklin 508-520-1422, Milford 508-478-8102, Northbridge 508-234-2002, Oxford 508-987-6000, Southbridge 774-289-9438, Spencer 508-885-3904, Sturbridge 508-347-5063, Sutton 508-234-0703, 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.		