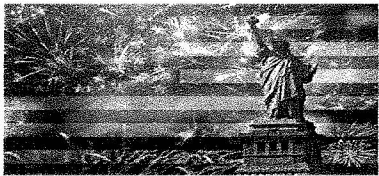





# July

## Adams County

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> BBQ Pork Ribette 1/2c Creamy Coleslaw 1/2c Green Beans 1 Sandwich Roll Seasonal Fresh Fruit	<b>4</b> Happy 4th of July! 	<b>5</b> Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	<b>6</b> Baked Cabbage Casserole w/ 2oz Sauce 1c. Tossed Salad w/ Tomato 1/2c Carrots 1 White Bread Seasonal Fresh Fruit	<b>7</b> Baked Pollock 1/2c Macaroni & Cheese 1/2c Spinach 1 Wheat Bread 1/2c Mandarin Oranges
<b>10</b> Sweet & Sour Pork 1/2c. Rice 1/2c Peas 1 Wheat Bread Seasonal Fresh Fruit	<b>11</b> Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimentos 1/2c Pineapple	<b>12</b> Parmesan Chicken Over 1/2c. Lemon Asparagus Pasta 1c. Tossed Salad W/Tomato 1 Italian Bread 1/2c. Apple Crisp	<b>13</b> 1c. Pizza Casserole 1c Tossed Salad 1/2c Green Beans 1 Italian Bread 1/2c Applesauce	<b>14</b> Baked Chicken w/ Gravy 1/2c Whipped Potatoes 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pudding
<b>17</b> Sloppy Joe 1/2c Ranch Roasted Potatoes 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit	<b>18</b> Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c Mixed Vegetables 1 Dinner Roll 1/2c Gelatin	<b>19</b> Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit	<b>20</b> Chicken & Biscuits 1/2c Mixed Vegetables 2 Mini Biscuits Seasonal Fresh Fruit 	<b>21</b> Pulled Turkey w/ Gravy 1/2c Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1 Cookie
<b>24</b> Cheeseburger w/ Lettuce, Tomato 1/2c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit	<b>25</b> Orange Glazed Pork Loin 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Pineapple Tidbits	<b>26</b> Warm Roast Beef Sandwich W/Mozz. 1/2c. Roasted Parmesan Redskins 1/2c. Carrots 1 Sandwich Roll Fresh Banana	<b>27</b> Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1c Tossed Salad w/ Tomato 1 Italian Bread 1/2c Mixed Fruit	<b>28</b> Tuna Salad Sandwich w/lettuce & tomato 1/2c Coleslaw 2 White Bread Fresh Orange
<b>31</b> Pulled Chicken w/ Gravy 1/2c Parsley Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	 *menu subject to change			



Tina Pate  
Site Manager  
717-359-7743

## LITTLESTOWN AREA SENIOR CENTER

July 2023

Monday – Friday, 8:00 AM – 12:30 PM

10 Locust Street  
P.O. Box 81  
Littlestown, PA  
17340

Mon	Tue	Wed	Thu	Fri
<b>3</b>  <b><u>CLOSED</u></b>	<b>4</b>  <b><u>CLOSED</u></b>	<b>5</b>  Cards & Games	<b>6</b>  10:00 Speaker Irons & Ironing D. Curtis Simply Stashing	<b>7</b>  10:30 Cooking w/Chef Reis
<b>10</b>  9:45 Bingo	<b>11</b>  Cards & Games	<b>12</b>  10:30 Speaker Mushrooms & Fungi J. Dawson	<b>13</b>  10:00 Operation Christmas Child w/Wendy 10:00 Pivot	<b>14</b>  9:30 Breakfast @ Perkins, Hanover <b><u>Center Closed</u></b>
<b>17</b>  10:00 Speaker Beneficial Insects D. Luquette Master Gardener	<b>18</b>  10:00 Blood Pressure Screening	<b>19</b>  10:00 Game w/ Barb Goll	<b>20</b>  10:00 Speaker Spices C. Shively	<b>21</b>  Cards & Games
<b>24</b>  9:45 Bingo	<b>25</b>  Speaker 10:00 Fireflies & Nighttime Critters Codorus Ranger	<b>26</b>  9:45 Painting w/Pat	<b>27</b>  10:00 HOPE Dogs	<b>28</b>  Lunch @ Railside, Hanover <b><u>Center Closed</u></b>
<b>31</b>  9:30 Picnic @ the Park <b><u>Center Closed</u></b>				

**\*\*\*Lunch is served daily at 11:30\*\*\***