

Lunch Served Daily
Monday-Friday 12:00



OCONEE COUNTY SENIOR CENTER - 3500B Hog Mountain Rd Watkinsville (706) 769-3979
Lunch Menus are subject to change

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed for Staff Training 	3 Closed for Staff Training 	Closed 4th of July Holiday 	5 <i>**Holiday Meal**</i> 2 Slices Pepperoni/ Cheese Pizza Tossed Mixed Green Salad w/spinach 1.5 oz. Dressing Vanilla Ice Cream w/Straberries and Blue Berries Lemonade and Tea	6 <u>3 oz. Beef Tacos</u> 1 Low Carb 12-inch Tortilla Shredded Lettuce Chopped Tomatoes 1 oz. Cheese, Sour Cream & Taco Sauce 4 oz. Brown Rice Sliced Canteloupe Milk Milk Substitute
9 <u>8 oz. 3- Cheese Ziti</u> 4 oz. Italian Vegetable Medley 4 oz. Tossed Green Salad w/ Tomato 1.5 oz. Dressing 4 oz. Pears Milk/Milk Substitute	10 <u>3 oz. Lem. Pepper Chicken Thigh</u> ½ cp. Cooked Spinach/Mixed Greens ½ cp. Brown Rice ½ cp. Mandarin Oranges 1 pkg. Graham Crackers Milk/Milk Substitute	11 <u>Turkey/Club Sandwich</u> Whole Wheat Bread Lettuce & Slice Tomato 4 oz. English Pea Salad 4 oz. Crinkle Cut Fries Banana Milk/Milk Substitute	12 <u>3 oz. BBQ Chicken Thighs</u> 4 oz. Cooked Cabbage 4 oz. Baked Sweet Potato Cornbread Margaine Cup 4 oz. Peach Cobbler Milk/Milk Substitute	13 <u>Sloppy Joes</u> 4 oz. Meat Sauce Whole Wheat Bun Chopped Green Salad/Dressing 4 oz. Whole Kernel Corn Melon Chunks Milk/Milk Substitute
16 <u>¼ lb. Hamburger</u> Whole Wheat Bun Sliced Tomato, Lettuce & Onion 4 oz. Potato Salad 4 oz. Baked Beans Banana Milk/Milk Substitute	17 <u>3 oz. Sliced Baked Ham</u> 4 oz. Turnips 4 oz. Roasted Vegetables 4 oz Warm Cinnamon Apple Slices Whole Wheat Dinner Roll Margarine Cup Milk/Milk Substitute	18 <u>1½ cups Chicken Pasta Salad</u> 4 oz. Tomato/ Cucumber Salad 4 Whole Wheat Crackers 4 oz. Yogurt Parfait 2 oz. Mixed Berries ½ oz. Granola	19 <u>3oz. Meatloaf</u> 4 oz. Creamy Mashed Potatoes 4 oz. Brussels Sprouts 4 oz. Manadarin Oranges Dinner Roll Margarine Cup Milk/Milk Substitute	20 <u>3 oz. Grilled Chicken Fajita</u> Peppers, Onions, Lettuce & Tomato 1 oz. Low-fat Shredded Cheese 1 Low Carb 12-inch Tortilla 4 oz. Brown Rice 4 oz. Black Bean Corn Relish Banana Milk/Milk Substitute
23 <u>3 oz. Buttermilk Roasted Chicken Thighs with Garlic</u> 4 oz. Green Beans 4 oz. Northern Vegetables 4 oz. Pineapple Tidbits Graham Crackers Milk/Milk Substitute	24 <u>3 oz. Sliced Roast Beef</u> 4 oz. Parslied Carrots 4 oz. Mixed Greens/Turnip Greens Corn Bread 1 Margarine Cup Banana Milk/Milk Substitute	25 <u>4 oz. Hot Dog</u> Whole Wheat Bun 4 oz. Tomato Cucumber Salad 4 oz. Baked Crinkle Fries 4 oz. Yogurt Parfait 2 oz. Mixed Berries/½ oz. Granola	26 <u>3 oz. Baked Chicken Fingers</u> 4 oz. German Potato Salad 4 oz. Green Beans Fresh Fruit Salad w/Bananas Milk/Milk Substitute	27 <u>3 oz. Smothered Pork Chop</u> 4 oz. Baked Sweet Potato 4 oz. California Vegetables Dinner Roll Margarine Cup 4 oz. Mandarin Oranges Milk/Milk Substitute
30 <u>Fish Sandwich</u> 3 oz. Baked Cod Whole Wheat Bun 4 oz. Creamy Coleslaw 3 Baked Hushpuppies/Tartar Sauce Banana Milk/Milk Substitute	31 <u>3 oz. Hobo Chicken</u> 4 oz. Brown Rice 4 oz. Steamed Broccoli 4 oz. Mixed Fruit Salad 2 Graham Crackers Milk/Milk Substitute			<p><i>Please make your lunch reservations 2-days in advance. We would also appreciate cancelling any reservations if you are unable to attend for any reason, thanks!</i></p>