

FREE
Birthdays Lunch for
Silver Mustang
members ONLY
During that Month.
Dine in only.

EHRNFELT SENIOR CENTER

The Silver Spoon
Lunch Served at 11:45 am
Cost \$4.00 / \$4.50
 Reservations 24 hrs in advance @ 580-3275
 Coffee, Milk or Water with meal
DAILY MENU MAY CHANGE WITHOUT NOTICE
BREAKFAST A LA CARTE . . .
 Mon - Thur ~ 6:30 - 10:00 a.m.
 Fri ~ 8:00 - 10:00 a.m.

JULY LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1 *NEW ITEM* Pasta Salad Grilled Italian Chicken Breast Parslied Potatoes Vegetable Dessert	2 Soup Kielbasa Perogies Vegetable Dessert
5 Soup Baked Chicken Mashed Potatoes Vegetable Dessert	6 <i>Officer Marianne</i> Jell-O Taco Salad Dessert	7 Applesauce Ham Sweet Potato Vegetable Dessert	8 Salad Chopped Sirloin Baked Potatoes Vegetable Dessert	9 Fruit Cocktail Rigatoni Vegetable Dessert
12 *NEW ITEM* Salad Artichoke & Spinach Chicken Parmesan Potatoes Vegetable Dessert	13 Pasta Salad Sloppy Joe French Fries Vegetable Dessert	14 <i>Hawaiian BBQ</i> Hawaiian Coleslaw Kalua Pork Aloha Sweet Potato Green Beans Dessert <i>**Reservations by 7/12**</i>	15 Salad Stuffed Pepper Mashed Potatoes Vegetable Dessert	16 Jell-O Parmesan Salisbury Steak Rice Vegetable Dessert
19 *NEW ITEM* Salad Chicken Scaloppini Fettuccine Vegetable Dessert	20 Salad Beef Tips Vegetable Dessert	21 BRUNCH N' A MOVIE 11:30am (It's Complicated)	22 Salad Cranberry Chicken Noodles Vegetable Dessert	23 Soup Beef Spinach Casserole Parmesan Potatoes Vegetable Dessert
26 Salad Meat Loaf Mashed Potatoes Vegetable Dessert	27 *Christmas in July* Cranberry Sauce Turkey Stuffing Sweet Potato Christmas Cookies	28 Salad Vegetable Lasagna Cucumber Salad Dessert	29 Applesauce Ham & Cauliflower Casserole Dessert	30 Coleslaw BBQ Chicken Baked Potato Vegetable Dessert

Lunch on The Avenue

Grab a quick and healthy lunch at the
Ehrnfelt Recreation & Senior Center
 11am ~ 1pm Monday ~ Friday

Fresh Green Salad
 Small \$2.00 Large \$3.00

Grilled Chicken Salad
 Small \$3.50 Large \$5.00
Italian ~ French ~ Honey Mustard
Light Dressings Available

Daily Soup Special
 10 oz Cup ~ \$1.00

Sandwiches Made Fresh Daily

Peanut Butter and Jelly	\$1.50
Turkey, Lettuce & Tomato	\$2.50
Ham, Lettuce & Tomato	\$2.50
Tuna Salad	\$2.50
Egg Salad	\$2.50
Baked Chips	\$.75
Pretzels	\$.75
Bottled Water	\$1.00
Yogurt	\$1.00
Fruit Cup	\$2.00
Fruit Bowl	\$4.00

If you would to place an order for pick-up, please call the Ehrnfelt Senior Kitchen (580-3275 ext. 5266) by 10 am. Orders can be placed a day ahead.

In order to keep the kitchen efficient,
if you are unable to make lunch,
please call 580-3275 by 8am the day
you are scheduled to come to lunch.