

# July



## St Germain Senior Café

**Serving Wednesday, Thursday and Friday at 12:00 Noon  
The St. Germain Community Center**

Join us for food, fellowship and fun. For reservations or cancellations, please call

**Nancy Moser at 715-617-2795 (MUST Call 24 hours in advance)**

\*Lighter Substitute available in place of Main Entrée: Grilled Chicken Salad (or Healthy Salad)

Wednesday	Thursday	Friday
<p style="text-align: center;"><b>Meals sponsored by the ADRC of Vilas County</b></p>	<p style="text-align: center;"><b>1</b></p> <p style="text-align: center;">Brat on a Bun Steamed Onions, Ketchup, Potato Salad, Baked Beans Angel Food Cake w/ Fresh Berries</p>	<p style="text-align: center;"><b>2</b></p> <p style="text-align: center;">Chili, Cheddar Cheese Slice Crackers Whole Kernel Corn, Rye Bread Mandarin Oranges Cookie</p>
<p style="text-align: center;"><b>7</b></p> <p style="text-align: center;">Tuscan Bean Soup Egg Salad Sandwich on Marble Rye, Romaine Leaf Tomato Slice, Mayo Grape Juice, Peach Crisp</p>	<p style="text-align: center;"><b>8</b></p> <p style="text-align: center;">Spaghetti &amp; Meat Sauce Broccoli Garlic Breadstick Diced Pears Rhubarb Cake</p>	<p style="text-align: center;"><b>6</b></p> <p style="text-align: center;">Beef Chop Suey Whole Grain Rice Oriental Blend Veggies, Egg Roll Sweet &amp; Sour Sauce Mandarin Oranges, Cookie</p>
<p style="text-align: center;"><b>14</b></p> <p style="text-align: center;">Beef Stroganoff, Mashed Potatoes, Broccoli Salad, Whole Wheat Bread Strawberries Angel Food Cake</p>	<p style="text-align: center;"><b>15</b></p> <p style="text-align: center;">Chicken Breast w/ Mushroom &amp; Bacon Sauce, Diced Seasoned Potatoes, Country Trio Blend Biscuit, Honey Bee Ambrosia</p>	<p style="text-align: center;"><b>16</b></p> <p style="text-align: center;">Roast Pork, Au Gratin Potatoes Steamed Red Cabbage Rye Bread Cinnamon Applesauce</p>
<p style="text-align: center;"><b>21</b></p> <p style="text-align: center;">Hot Dog on a Bun, Steamed Onions, Ketchup Calico Beans Key West Veggie Blend Craisin Cookie</p>	<p style="text-align: center;"><b>22</b></p> <p style="text-align: center;">Roast Beef &amp; Gravy Mashed Potatoes, Brussels Sprouts Whole Wheat Bread Pumpkin Bar</p>	<p style="text-align: center;"><b>23</b></p> <p style="text-align: center;">Paprika Baked Chicken Baked Sweet Potato Peas Raisin Bread Vanilla Yogurt &amp; Berries</p>
<p style="text-align: center;"><b>28</b></p> <p style="text-align: center;">Ham &amp; Scalloped Potato Casserole Pacific Blend Veggies Whole Wheat Roll Banana Cream Pie Bar</p>	<p style="text-align: center;"><b>29</b></p> <p style="text-align: center;">Stuffed Green Pepper Casserole Carrots Raisin Bread Spice Cake</p>	<p style="text-align: center;"><b>30</b></p> <p style="text-align: center;">Lemon Pepper Fish Baby Red Potatoes Peas Rye Bread Creamy Fruit Salad</p>

Home delivered meals are available based on eligibility.

All meals served with whole grain bread or roll. butter or margarine. coffee and low fat milk.

**Rides are provided as needed. Please arrange with Nancy when making reservations.**