



St. Germain Senior Meals

Wednesday, Thursday and Friday at 10:30 am

Carry-Out and Home-Delivered Meals Only

Home delivered meals are available based on eligibility.

WEDNESDAY	THURSDAY	FRIDAY
		1 Chef Salad with Romaine Lettuce, Tomatoes, Diced Turkey, Hard Boiled Egg, Shredded Cheese Dressing Fresh Roll Split Pea Soup Cookie
6 Hamburger Stroganoff Mashed Potatoes Broccoli Salad Whole Wheat Bread Strawberries July Birthdays 	7 Hearty Bean Soup Turkey Sandwich on Marble Rye Mayo Romaine Leaf & Tomato Slice Grape Juice Rice Krispie Treat	8 Spaghetti & Meat Sauce Italian Blend Vegetables Garlic Breadstick Diced Pears Rhubarb Cake
13 Chicken Breast Mushroom & Bacon Sauce Wild Rice Blend Cold Pickled Beets Biscuit Banana	14 Crab Pasta Salad Over Romaine Tomato Wedges Dinner Roll Peaches Lemon Bar	15 Beef Chop Suey Whole Grain Rice Oriental Blend Veggies Mandarin Oranges Oatmeal Raisin Cookie
20 Hot Dog on a Bun w/Onions Ketchup Dill Carrots Potato Salad Mandarin Oranges Cookie Baseball Party/ National Hot Dog Day	21 Boneless BBQ Pork Rib Whole Wheat Hoagie Au Gratin Potatoes Whole Kernel Corn Mini Muffin Grapes 	22 Creamy Chicken Vegetable Casserole Carrots Oat Bran Bread Mixed Fruit Carrot Cake
27 Ham & Scalloped Potato Casserole Pacific Blend Veggies Whole Wheat Roll Banana	28 Sloppy Joe on a Bun Roasted Potatoes Baked Beans Grape Salad	29 Loaded Broccoli, Potato & Cheddar Naked Chicken Breast Strips Crackers Mandarin Oranges Apple Slices Cookie

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)