



GRAND COUNTY SENIOR NUTRITION

Menu for Granby and Kremmling

July 2019

Monday	Tuesday	Thursday
1st Balsamic Glazed Chicken Quinoa Pilaf Strawberry Spinach Mixed Salad Orange Whole Wheat Bread	2nd Combination Burrito Smothered with Green Chili Pears OJ	4th
8th Fish Rice Pilaf California Vegetables Pineapple Whole Wheat Bread	9th Roast Beef/Gravy Mashed Potatoes OJ Brownies/Ice Cream Whole Wheat Bread	11th Minnesota Chicken Wild Rice Asparagus Peach Cobbler Whole Wheat Bread
15th Chicken Parmesan with Spaghetti Mixed Fruit Capri Vegetables Garlic Bread	16th Cheeseburger Lettuce/Tomato French Fries Fruit Salad with Citrus	18th Pork Chops Broccoli Peanut Salad Seven layer Salad Baked Apples with Raisins Carrots
22nd Sloppy Joes Sweet Potato Fries Creamy Coleslaw Watermelon	23rd Sweet and Sour Pork Brown Rice Chinese Vegetables Strawberry Applesauce Whole Wheat Bread	25th Meatloaf/Gravy Baked Potatoes Brussel Sprouts Seven Layer Salad Fruit Cocktail Whole Wheat Bread
29th Pork Ribs Potato Salad Corn Broccoli Bake Orange Whole Wheat Bread	30th Taco Salad Lettuce/Tomato Cantaloupe & Honeydew Corn Bread	

Meals are served with coffee, tea, and milk.
 Suggested Donation for meal is \$3.00 for Seniors over 60.
 Visitors under 60 are welcome for a price per meal of \$11.00

RESERVATIONS NEED TO
BE CALLED IN 24 HOURS
IN ADVANCE

All donations directly support this meal site and enable continuation of this nutrition program.
 For meal reservations in Granby call 531-0290
 For meal reservations in Kremmling call 724-9730