

**FLORENCE E SMITH SENIOR SERVICES**  
**102-19 34<sup>TH</sup> AVENUE, CORONA, NY 11368**  
**718-899-0553**

**July 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>Meat Sauce with Chunky Peppers in Tomato Sauce</b> Whole Wheat Spaghetti Sauteed Mustard Greens Apple Orange Pineapple Juice	2 <b>Baked Flounder</b> Dill Lemon Sauce Carrots Mashed Potatoes, 4 oz Orange Juice Pear
5  <b>CLOSED</b> <i>Independence Day</i>	6 <b>Baked Ziti with Meat Sauce</b> Italian Blend Vegetables Orange Pineapple Juice Peach	7 <b>Lentil Stew with Carrots and Turnips</b> Brown Rice (1/2 cup) Tossed Salad with Dressing Apple Orange Juice	8 <b>Lemon Pepper Cod</b> Corn Stewed Okra and Tomatoes Fruit Cocktail Pineapple Juice	9 <b>Chicken Marsala</b> Carrots Garlic and Rosemary Roasted Potatoes Apple Orange Juice
12 <b>Tuna Salad</b> Classic Macaroni Salad Mixed Green Salad Apple Juice Kiwi	13 <b>Black Bean and Sweet Potato Chili</b> Brown Rice (1/2 cup) Tangy Green Beans Orange Juice Pear	14 <b>Italian Style Pork Loin</b> Light Basil Cream Sauce Baked Sweet Potato Steamed Spinach Apple Pineapple Juice	15 <b>Turkey Meatloaf</b> Cabbage with Shredded Carrots O'Brien Potatoes Apple Juice Orange	16 <b>BBQ Chicken Leg Quarters</b> Baked Beans Steamed Kale Fruit Cocktail Orange Juice
19 <b>Beef Salisbury Steak with Mushroom Sauce</b> Carrots Green Beans Apple Orange Pineapple Juice	20 <b>Glazed Honey Balsamic Chicken</b> Brown Rice with Kidney Beans Winter Blend Vegetables Apple Juice Kiwi	21 <b>Breaded Pollock</b> Baked Potatoes Steamed Broccoli Cantaloupe Orange Pineapple Juice	22 <b>Cheese Ravioli</b> Tomato Sauce (1/4 cup) Boiled Southern Greens Corn Orange Juice Pear	23 <b>Pork Loin with Curried Pineapple</b> Yellow Rice Garden Salad Apple Juice Orange
26 <b>Eggplant Parmesan</b> Steamed Spinach Yellow Squash Apple Juice Pear	27 <b>Oven Baked Pork Chops</b> Normandy Blend Spiced Sweet Potatoes Apple Pineapple Juice	28 <b>Baked Ziti with Meat Sauce</b> Steamed Carrots Steamed Kale Cantaloupe Orange Juice	29 <b>Lemon Chicken</b> Red Bliss Potatoes Steamed Broccoli and Cauliflower Orange Pineapple Juice Sliced Canned Peaches	30 <b>Baked Salmon</b> Creole Sauce Egg Noodles Steamed Green Beans Banana Orange Juice

**ALL MEALS ARE SERVED WITH WHOLE WHEAT BREAD AND 1% LOW FAT MILK UNLESS OTHERWISE SPECIFIED  
MENU IS SUBJECT TO CHANGE**

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