

La Bella Bistro



July 2017

Bistro Hours: 11:15 a.m. until 12:15 p.m.

Suggested donation for seniors 60+ is \$4.00. Non-senior fee is \$ 6.00. Must sign in to be eligible.

Transportation for lunch: \$3.00 roundtrip requested donation. Call to see if your zip code qualifies, and arrange scheduling.

No eligible person shall be denied a meal because of inability to contribute. Menu subject to change.

FRESH FORWARD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sloppy Joes on Whole Wheat Buns Macaroni Salad Steamed Broccoli Mandarin Oranges	4 CLOSED Independence Day	5 Spaghetti with Meat Sauce* Italian Vegetables Whole Wheat Garlic Bread Fresh Mixed Fruit	6 BBQ Chicken Thighs BBQ Beans Mixed Greens Salad Whole Wheat Roll Cantaloupe	7 Tuna Salad on Romaine w/Boiled Egg Vegetable Soup w/ Carrots & Kale Whole Wheat Roll Watermelon
10 Cheese Manicotti* Italian Vegetables Whole Wheat Roll Cantaloupe	11 Meatloaf w/Mashed Potatoes & Gravy Steamed Broccoli w/ Orange Zest & Almonds Whole Wheat Roll Fresh Mixed Fruit	12 Penne Pasta w/Chicken & Asparagus Spinach Salad w/ Oranges Whole Wheat Roll Sliced Peaches	13 Cobb Salad Creamy Broccoli Cheddar Soup Hawaiian Roll Pineapple Chunks	14 Baked Tilapia Florentine Five Grain Mix Sauteed Zucchini w/ Red Bell Pepper Tropical Fruit
17 Beef Stroganoff over Jasmine Rice Chopped Salad Mandarin Oranges	18 BBQ Pork Rib Tips & White Beans w/ Tomatoes Glazed Carrots Whole Wheat Roll Fruit Cocktail	19 Chicken Caesar Salad Tomato Soup Whole Wheat Roll Watermelon	20 Chili Size (Chili Burger) Homemade Potato Salad w/Eggs & Celery Fresh Mixed Fruit	21 Shrimp Louie Chickpea & Swiss Chard Soup Whole Wheat Roll Cantaloupe
24 Teriyaki Chicken Noodle Bowl w/Broccoli, Carrots & Bell Pepper** Hawaiian Roll Tropical Fruit	25 Baked Potato Bar w/ Chili, Cheese, Broccoli Florettes, Sour Cream, Bacon & Green Onions* Vegetable Beef Soup Whole Wheat Roll Watermelon	26 Baked Fried Chicken Sauteed Kale w/Dried Cranberries Honey Cornbread Cantaloupe	27 Guacamole Tostada w/ Beef, Lettuce, Tomato, Sour Cream, Cheese & Green Onions Refried Beans* Mexican Rice Orange Wedges	28 Tuna Casserole w/ Peas Greek Salad Whole Wheat Roll Mixed Fresh Fruit
31 Turkey Burgers Red Cabbage Slaw w/ Carrots & Raisins Watermelon				

*300-500 mg sodium

**500+ mg sodium