

Join us for lunch in our Dining Room  
Monday - Friday 11:30 to 12:30

# JULY

2019



**Soup and Salad Served With All Meals**  
**Vegetables Accompany All Meals**

**Milk & Juice Available Daily**  
**Dessert Available Daily**

**Senior Meal (age 60+) - Suggested Donation \$6.00**  
Donations of every amount are welcome.

[www.wasillaseniors.com](http://www.wasillaseniors.com)  
**(907)376-3104**

Substitutions may be made based upon product availability

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	2	3	4	5	6	7	8	9	10
CHICKEN FAJITAS VEGETABLE SOUP & SALAD DESSERT	CHEF SALAD DINNER ROLLS FRESH FRUIT SOUP & SALAD DESSERT	BBQ RIBS POTATO SALAD BBQ BEANS & CORN SOUP & SALAD ICE CREAM			STUFFED PEPPERS MASHED POTATOES VEGETABLE SOUP & SALAD DESSERT				
8	9	10	11	12	13	14	15	16	17
CHICKEN ALFREDO DINNER ROLLS GREEN BEANS SOUP & SALAD DESSERT	WAFFLES SCRAMBLED EGGS HASH BROWNS BACON & SAUSAGE	OPEN FACED ROAST BEEF MASHED POTATOES & GRAVY VEGETABLE SOUP & SALAD DESSERT	CHICKEN PARMIGIANA PASTA & SAUCE GARLIC BREAD SOUP & SALAD DESSERT	BAKED FISH SEASONED RICE VEGETABLE SOUP & SALAD					
15	16	17	18	19	20	21	22	23	24
BAKED POTATO BAR TOPPINGS VEGETABLE SOUP & SALAD DESSERT	CHEESEBURGERS LETTUCE, TOMATO, ONION FRENCH FRIES SOUP & SALAD DESSERT	SPAGHETTI GARLIC BREAD VEGETABLE SOUP & SALAD DESSERT	CHICKEN TENDERS POTATO WEDGES VEGETABLE SOUP & SALAD DESSERT	SALISBURY STEAK BUTTERED PASTA VEGETABLE SOUP & SALAD DESSERT					
22	23	24	25	26	27	28	29	30	31
KALUA PORK SEASONED RICE VEGETABLE SOUP & SALAD DESSERT	TUNA SALAD SANDWICHES CHIPS & PICKLE SOUP & SALAD DESSERT	BAKED HAM MAC & CHEESE VEGETABLE SOUP & SALAD DESSERT	CHICKEN LEGS ROASTED POTATOES VEGETABLE SOUP & SALAD DESSERT	BBQ PULLED PORK MACARONI SALAD VEGETABLE SOUP & SALAD DESSERT					
29	30	31	<p><i>Thank You, Lunch Sponsors...</i></p> <p>July 17 Co-sponsors:</p> <p><b>Wellspring Home Health Center</b> <b>Knik-Fairview Community Council</b></p>						
CABBAGE ROLLS MASHED POTATOES & GRAVY VEGETABLE SOUP & SALAD DESSERT	CHICKEN SALAD SANDWICH CHIPS & PICKLE SOUP & SALAD DESSERT	STEAK BAKED POTATO VEGETABLE SOUP & SALAD DESSERT							