

**New Horizons Daily Lunch Menu – Mon, Wed, Fri at Noon (Ex. Wk of 7/24). Call 610-664-2366 to reserve!**

Monday, July 3	Tuesday, July 4	Wednesday, July 5	Thursday, July 6	Friday, July 7
<b><u>GRILLED CHICKEN PARM</u></b> Rotini pasta* Broccoli Tossed salad White Bread* Pudding*	<b><i>Happy 4<sup>th</sup> of July!</i></b>	<b><u>HOLIDAY MEAL</u></b> <b><u>CHICKEN FINGERS*</u></b> Seasoned Potato Wedges* <b><u>Creamy Cole Slaw</u></b> Dinner Roll** <b><u>Peach Pie**</u></b>	<b><u>STUFFED BAKED TILAPIA</u></b> WITH Herb Stuffing Capri Blend Vegetables (Carrots, Green Beans, Squash) Roasted Red Bliss Potatoes* Whole Wheat Bread* Fresh Orange*	<b><u>Center Closed</u></b>
Monday, July 10	Tuesday, July 11	Wednesday, July 12	Thursday, July 13	Friday, July 14
<b><u>SPINACH &amp; CHEDDAR OMELET</u></b> Hash Brown Potatoes* Scalloped Tomatoes Whole Wheat Roll** Fruit Cocktail*	<b><u>Center Closed</u></b>	<b><u>SLICED TURKEY W. GRAVY</u></b> Whipped Potatoes* Broccoli & Carrots Whole Wheat Roll** Tropical Fruit Salad*	<b><u>TUNA NOODLE CASSEROLE</u></b> Green Beans Pumpernickel Bread* Mandarin Oranges* Apple Juice	<b><u>Center Closed</u></b>
Monday, July 17	Tuesday, July 18	Wednesday, July 19	Thursday, July 20	Friday, July 21
<b><u>TRICOLOR TORTELLINI</u></b> Mini Meatballs Normandy Blend Vegetables (carrots, brocc., caulif., squash) Spinach Salad Fresh Peach*	<b><u>Center Closed</u></b>	<b><u>SHEPPARD'S PIE</u></b> Green Beans & Red Peppers Warm Cinnamon Apples* Rye Bread Peaches*	<b><u>TUNA SALAD</u></b> With Lettuce and Tomato Health Salad White Roll* Oatmeal Cookie* Manhattan Clam Chowder*	<b><u>Center Closed</u></b>
Monday, July 24	Tuesday, July 25	Wednesday, July 26	Thursday, July 27	Friday, July 28
<b><u>VEGETABLE LASAGNA</u></b> Tossed Salad Strawberry Applesauce* Apple Juice*	<b><u>Center Closed</u></b>	<b><u>Center Closed</u></b> <b><u>Science in the Summer</u></b>	<b><u>Center Closed</u></b> <b><u>Science in the Summer</u></b>	<b><u>Center Closed</u></b>
Monday, July 31	<b><i>* 1 Carb choice</i></b> <b><i>** 2 Carb choices</i></b>  1% Milk* served everyday  Menu Subject to Change	<b><u>Congregate Meal Program</u></b> – Enjoy lunch at New Horizons for a suggested donation of \$2.00!  Take-outs are available for a \$2.00 fee. Advance sign up requested.		<h1>JULY 2017</h1>