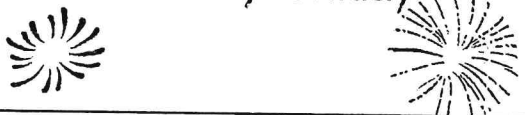


JULY 2018		CONWAY SENIOR WELLNESS & ACTIVITY CENTER MENU			For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
2 Smothered Pork Chop Rice Pilaf Carrots Chocolate Cake Roll Skim Milk	3 Cheeseburger on Bun Lettuce, Tomato, Onion Ranch Beans Potato Chips Ice Cream Skim Milk	4 Centers Closed for 4th of July Holiday 	5 BBQ Chicken Potato Salad Baked Beans Cookie Skim Milk	6 Salisbury Steak Mashed Potatoes Corn/Lima Beans Mix Roll Orange Skim Milk	
9 Spaghetti w/Meat Sauce Green Beans Garlic Bread Chocolate Pudding w/whipped topping Skim Milk	10 Chef Salad Crackers Fruit Cup Cookie Skim Milk	11 Chicken Tenders Mashed Potatoes Black eye peas Biscuit Strawberries Skim Milk	12 BBQ Pork on Bun Tater Tots Coleslaw Chilled Peaches Skim Milk	13 Meatloaf Mashed Potatoes Mixed Vegetables Roll Fruit Salad Skim Milk	
16 Chicken Tetrzzini Italian Vegetables Roll Peach Crisp Skim Milk	17 White Beans w/Ham Country Potatoes w/Onions Cornbread Onion Mandarin Oranges Cookie Skim Milk	18 Tuna Salad Sandwich Macaroni Salad Lettuce & Tomato Apple Cobbler Skim Milk	19 Chicken Pot Pie Tossed Salad Rolls Cinnamon Apple Sauce Skim Milk	20 Fried Catfish Filet Baked Beans Cole Slaw Hushpuppies Lemon Cream Pie Skim Milk	
23 Chicken Fried Chicken Mashed Potatoes Green Beans Bread Peach Cobbler Skim Milk	24 Sliced Ham AuGratin Potatoes Cucumber Salad Roll Pudding Skim Milk	25 Roast Beef Mashed Potatoes Broccoli & Cheese Roll Baked Apples Skim Milk	26 Lasagna Greenbeans Tossed Salad Garlic Bread Sugar Cookies Skim Milk	27 Cheeseburger Lettuce, Tomato, Onion Baked Beans Ice Cream Skim Milk	
30 Meatballs w/Gravy Mashed Potatoes Mixed Vegetables Strawberries Skim Milk	31 9:45 BRUNCH Scrambled Eggs Sausage Hashbrowns Biscuit & Gravy Fruit Juice Skim Milk	