

JULY 2009 Menu

Monday

**Milk and Coffee
included with meal**

*Senior Dining Reservation Hot-line
651-748-7260
Gladstone Senior Center
1945 Manton St. Maplewood,
MN 55109*

Thursday

2

Jumbo Beef Hotdog -
on a Bun
Mustard Packet
Tator Circles
Marinated Vegetable Salad
Watermelon

6

Country Fried Steak
Mashed Potatoes w/Gravy
Green Beans
Nine Grain Bread
Pineapple

9

Beef Pot Roast
Mashed Potatoes w/Gravy
Rutabagas
White Bread
Lemon Bar

13

Lasagna Roll-Ups w/ -
Ground Beef
Peas & Cauliflower
Mandarin Oranges
Bread Stick
Oatmeal Cookie

16

Salisbury Steak w/Gravy
O'Brien Scalloped Potatoes
Mixed Vegetables
Nine Grain Bread
Banana

20

Herbed Baked Chicken
German Potato Salad
Corn
Rye Bread
M&M Cookie

23

Italian Turkey Meatloaf
Mashed Potatoes
Peas
Whole Wheat Bread
Peach & Raisin Crisp

27

Sliced Ham w/Fruit Sauce
Baby Red Potatoes
Two-Toned Beans
Nine Grain Bread
Mixed Fruit

30

Sweet & Sour Chicken /White Rice
Oriental Blend Vegetables
Apricots
Whole Wheat Bread
Lemon Cookie

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2009

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Please
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working
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(651-748-
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Cost:
\$5.00

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Club