

Meals JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
M/TH Elder Services meals are sponsored in part by Greylock Federal Credit Union	1 Chicken Almondine Buttered Noodle Asparagus Cuts Oat Nut Bread Sliced Peaches	2 Hotdog Roll Baked Beans	3	4 4th of July! Senior Center Closed! 	5	6
7 1:00 Sunday Lunch HOST: BFCN	8 Meatballs & Shells Italian Green Beans Italian Bread Apricot Halves	9 Chicken Noodle Soup Chicken Salad Sandwich	10	11 Salad Plate Southwestern Rice Salad Tomato Cucumber WW Bread Bavarian Crème		13
14	15 Cod Pomadora Boiled Potatoes Peas with Mushrooms Oat Nut Bread Sliced Peaches	16 Surprise!	17	18 Chicken Parm Cauliflower Alfredo Mixed Root Veggies Mini Biscuit Strawberries & Cream	19	20 DALTON DAY! 11:00-3:00 Food, Music, Vendors, More!
21 1:00 Sunday Lunch HOST: KoC	22 Mac & Cheese Tomato Medley Cut Grn Beans WW Bread Fresh Peach	23 Meatball Grinder Chips	24	25 Chicken Sausage Peppers & Onion Rice Pilaf Summer Vegetables Grinder Roll Craisins	26	27
28	29 Cheese Burger Chickpea Tomato Salad Fiesta Corn Hamburg Bun Applesauce	30 Cheese Quesadilla Sour Cream Salsa	31			Seniors 60 and older suggestion donation \$3 & fund Elder Services Nutrition Program

Meals are held at the Dalton Senior Center, 40 Field Street Ext. Dalton at 12:00. 24 business hours are required for reservations and cancellations. 684-2000 Suggested donation to Elder Services \$3. Soup & Sandwich \$5 fee, Sunday Lunch Donations are appreciated.