



12:00 Noon

Lunch Menu

\$3.00 Contribution

Monday	Wednesday	Friday
<p><u>Please Make Reservations</u> <u>Two Weeks In Advance</u></p> <p>All Lunches served at the Pittsford VanHuysen Senior Center CALL 248-6235</p>		<p>PLEASE CIRCLE DATES YOU WANT TO RESERVE FOR LUNCH</p>
<p>Goulash w/Ground Beef 1 Spinach Lentil Soup Scandinavian Blend Vegetables Wheat Bread Applesauce</p> <p>Mary Apps MCOFA</p>	<p>BBQ Pulled Pork on Bun 3 Fiesta Corn Salad Green Beans Petite Banana</p> <p>Matter of Balance 1:30</p>	<p>Eggplant Rollup w/Sauce 5 Broccoli Italian Blend Vegetables Italian Bread Apricots</p>
<p>Italian Sausage w/Peppers, Onions 8 Catsup & Mustard on a Bun Peas Carrots Mandarin Oranges</p> <p>United Way for Seniors</p>	<p>Roasted Chicken Breast /Dressing 10 Fresh Mashed Potatoes & Gravy Tuscany Blend Vegetables Wheat Dinner Roll Strawberry Crème Pie</p> <p>Cindy Rapp MCOFA</p> <p>Matter of Balance 1:30</p>	<p>Hot Dog on Bun w/Condiments 12 Summer Potato Salad Cabbage Slaw Sherbet</p>
<p>Chicken Cordon Blue 15 Mashed Potatoes & Gravy Spanish Lima Beans Marble Rye Bread Fruit Cocktail</p> <p>Balance Class 1:15</p>	<p>Broccoli Cheese Quiche 17 Cucumber, Onion, Sour Cream & Dill Salad Scandinavian Blend Vegetables 12 Grain Bread Fresh Orange</p> <p>Nina Kalen</p> <p>Matter of Balance 1:30</p>	<p>Sweet & Sour Pork over 19 Brown Rice Oriental Blend Vegetables Spinach Dinner Roll Pears</p>
<p>Pub Burger w/Lettuce, Tomato, 22 Onion & Condiments Potato Leek Soup Broccoli Sherbet</p>	<p>Open Faced Hot Roast Beef Sandwich 24 w/Gravy on 12 Grain Bread Tossed Lettuce Salad w/French Dressing Fresh Mashed Potatoes Fruited Gelatin w/Topping</p> <p>Matter of Balance 1:30</p>	<p>Breaded Haddock w/Tartar Sauce 26 Coleslaw w/out Pineapple Tuscany Blend Vegetables Wheat Dinner Roll Blueberry Pie</p>
<p><u>ABVI CLOSED</u> 29 Senior Center will be Closed No Lunch Will Be Served</p>	<p>Chicken Stuffed 31 w/Broccoli & Cheese Mexican Bean Soup Mashed Potatoes w/Gravy Wheat Dinner Roll Applesauce</p> <p>Matter of Balance 1:30</p>	



Monroe County Dept. of HS/Office for the Aging
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