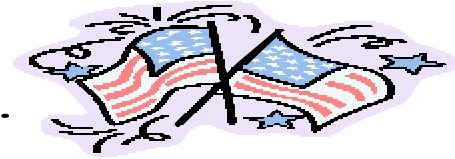



**SENIOR
JULY
2009**

LIFESCAPE

COMMUNITY SERVICES, INC.



SERVING SENIORS IN BOONE LEE OGLE WINNEBAGO COUNTIES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CHICKEN SALAD/GREENS MARINATED VEG SALAD PINEAPPLE CHUNKS WHOLE WHEAT CRACK. LEMON BAR	2 CHEESEBURGER MAC BROCCOLI CARROT COINS RICE KRISPY BAR
To make a reservation in Rockford 815-963-1609 or 1-800-779-1189	6 SALISBURY STEAK MASHED POT/GRAVY GARDEN BLEND VEG ICED CHERRY CAKE	7 CHICKEN STEW BUTTERMILK BISCUIT PACIFIC BLEND VEG CITRUS FRUIT CUP	8 BAKED CHICKEN QTR. MASHED POT/GRAVY COUNTRY BLEND VEG DINNER ROLL MANDARIN ORANGES	9 MEATLOAF w/TOM. S. SCALLOPED POTATOES CALIFORNIA BLEND VEG. COOKIE B.) SOUP & SANDWICH Beef Barley/Sliced Ham	10 BBQ CHICKEN BREAST CHEESY MASHED POT. BABY CARROTS CHOCOLATE PUDDING
	13 MOSTACCOLI W/ MEATSAUCE CALIF. BLEND VEG. GARLIC BREAD FRUIT COCKTAIL	14 CHEF SALAD TURKEY,HAM,CHEESE TOMATO & EGG GOLDFISH CRACKERS RANCH DRSG. FRESH ORANGE	15 CHICKEN BREAST/GRAVY MASHED POTATOES CRINKLE CARROTS APPLE CRISP	16 ITALIAN MEATBALLS SPIRAL PASTA W/ SAUCE GARDEN BLEND VEG FRESH APPLE SLICES	17 A.) CHEESEBURGER ON BUN AUGRATIN POTATOES SCANDANAVIAN BLEND COOKIE B.) SOUP & SANDWICH Vegetable / Sliced Turkey
RESERVATIONS & CANCELLATIONS CALL BY 10:00 AM THE DAY BEFORE  <small>A United Way Agency</small>	20 ITALIAN BEEF ON BUN HASHBROWN POT. SICILIAN BLEND VEG.	21 SHEPHERDS PIE CAPRI BLEND VEG. BAKED PEACHES	22 BAKED PORK CHOP MASHED POT/GRAVY CALIFORNIA BLEND VEG	23 CHICKEN PATTY ON BUN MACARONI & CHEESE PACIFIC BLEND VEG.	24 A.) B.B.Q RIBLET PARSLEY BUTTERED POT STIR FRY VEG COOKIE B.) SOUP & SANDWICH Tomato/ Roast Beef
	TROPICAL FRUIT CUP	PUMPKIN BAR	CHERRY COBBLER	WATERMELON	Tomato/ Roast Beef
*Choice A only sent to MEALS ON WHEELS CLIENTS	27 SWISS STEAK MASHED POT/GRAVY BABY CARROTS CHOCOLATE CAKE	28 ITALIAN CHICKEN BRST OVEN BROWNED POT. ITALIAN BLEND VEG. VANILLA PUDDING	29 SWEET & SOUR CHICKEN VEG. FRIED RICE STIR FRY VEG. DICED PEACHES	30 A.)BEEFY JOE ON BUN POTATO PANCAKES SCAND. BLEND VEG COOKIE B.) SOUP & SANDWICH Chicken Rice / Salami & Ch.	31 BEEF STEW BISCUIT WINTER BLEND VEG TROPICAL FRUIT
	MENU IS SUBJECT TO CHANGE WITHOUT NOTICE				