


MONTHLY ENTERTAINMENT	11:30 Mon., JULY 11 SHEERY BARNHART	11:30 Wed., JULY 18 MV GEM FIDDLERS	11:30 Wed., JULY 25 JEFF & SANDY	11:30 Every Thur. PAT BLESSIN-ORGAN MUSIC	MONTHLY ENTERTAINMENT	
JULY 2018	<i>Minimum Daily Serving Size - 2 oz of Meat/Protein, 1/2 cup of cooked/canned fruit and vegetables, or 1 cup fresh fruit and fresh vegetables, 1/3 to 1/2 cup of grains & 1 slice of bread (half to be whole grain), 1 cup of milk or dairy, dessert is an optional - minimum 1 oz serving</i>				JULY 2018	
Sunday 2018-07-01	Monday 2018-07-02 BBQ Pork Sandwich	Tuesday 2018-07-03 Fried Chicken	Wednesday 2018-07-04	Thursday 2018-07-05 Polish Sausage	Friday 2018-07-06 Beef tips w/gravy	Saturday 2018-07-07
	Mustard Potato Salad Green Salad Fruit Cheesy Rice Casserole Corn on the Cob Bun Brownie	Green Salad Waldrof Salad Fruit Macaroni & Cheese Baked Beans Cheesy Biscuit Zucchini Bread	 HDM Meals Delivered on 7/3	Creamy Coleslaw Broccoli Raisin Salad Fruit Cranberry Orange Wild Rice Sauerkraut Bun Chocolate Crinkle Cookie	Barley Salad w/Tom, Cucumber Green Salad Fruit Roasted Potatoes Asparagus Blend Vegetables Slice of Wheat Bread Blackberry Cobbler	

Sunday 2018-07-08	Monday 2018-07-09 Cheeseburger	Tuesday 2018-07-10 Grilled Chicken Caesar Wrap	Wednesday 2018-07-11 Chicken Fried Steak	Thursday 2018-07-12 Sweet & Sour Pork	Friday 2018-07-13 Spaghetti w/ Meat Sauce	Saturday 2018-07-14
12:00-4:00 DUPLICATE BRIDGE (MPR) Isabelle Wilson 98th Birthday Party 1:00-3:00 pm (MH)	Garden Pasta Salad Relish Tray/Condiments Fruit Tator Tot Casserole Baked Beans Bun Peanut Butter Bar	Spinach Salad Lemon Cream Salad Fruit Rice Pilaf Sugar Pea Blend Vegetables Wrap Cowboy Cookie	Ambrosia w/Acini De Pepe Green Salad Fruit Mashed Potatoes w/gravy Peas & Carrots Herb Roll Blonde Brownie	Peach Cottage Cheese Jello w/fruit Salad Fruit Asian Rice Stirfry vegetables Egg Rolls Lemon Crinkle Cookie	Caesar Salad Fresh Mixed Fruit Salad Fruit Spaghetti Noodles Roasted Brussel Sprouts Garlic Bread Apple Crisp Bar	NOTE: NO SATURDAY BREAKFAST THIS MONTH 11:00 Pioneer Button Club Mtg (CFR)

Sunday 2018-07-15	Monday 2018-07-16 Breakfast Bar	Tuesday 2018-07-17 BBQ Ribs	Wednesday 2018-07-18 Mushroom Chicken	Thursday 2018-07-19 Taco Potato Bar	Friday 2018-07-20 Meatloaf	Saturday 2018-07-21
	Ham Slice w/2 Link Sausages Ham & Cheese Omelette Fruit Roasted Red Potatoes Biscuit w/gravy Pumpkin Bread	Rainbow Rotini Salad Carrot Apple Celery Salad Fruit Cowboy Baked Beans Collard Greens w/ham Bun Tapioca Pudding	Green Salad Pear Cottage Salad Fruit Garden Pasta Sugar Pea Blend Vegetables Dill Roll Spice Cake	Lettuce/Tomato/Olives/Onions Southwestern Chopped Salad Fruit Spanish Rice Chuckwagon Corn & Black beans Spoonbread Snickerdoodle Cookie	Frog Eye Salad Green Salad Fruit Mashed Potatoes w/gravy Sunshine Carrots Slice of Bread Strawberry Shortcake	

Sunday 2018-07-22	Monday 2018-07-23 Mushroom Salisbury Steak	Tuesday 2018-07-24 Creamy Pork Chops	Wednesday 2018-07-25 Open Faced Turkey Sandwich	Thursday 2018-07-26 Chicken Salad Sandwich	Friday 2018-07-27 Beef Stroganoff	Saturday 2018-07-28
	Green Salad Cauliflower Salad Fruit Mashed Potatoes w/gravy Asparagus Blended Vegetables Onion Roll Choc/Oatmeal No Bake Cookie	Mandarin Orange Salad Mixed Green Salad Fruit Rice Pilaf Corn w/peppers Biscuit Lemon Bar	Loaded Green Salad Cranberry Parfait Salad Fruit Stuffing w/gravy Sauteed Garden Vegetables Texas Toast Birthday Cake	Apple Broccoli Salad Green Salad Mixed Fresh Fruit Parmesan Rice Sliced Beets Bun Chocolate Chip Cookie	Romaine & Red Cabbage Salad Pea Salad Fruit Egg Noodles Sunshine Carrots Slice of Wheat Bread Apricot/Peach Cobbler	

Sunday 2018-07-29	Monday 2018-07-30 Fish Fillet w/Tarter Sauce	Tuesday 2018-07-31 Teriyaki Chicken	TFSC MEAL COSTS Age 60 & over \$5.00 (suggested donation) Under 60 \$6.00 Under 9 \$3.00 Lunch to Go \$6.00 Cinnamon Roll \$3.00 Coffee \$.50 Soup to Go \$3.00	Bold Italic Salad will go out with Home Delivered Meals (HDM) Daily HDM Meal Drink Choices 2% MILK ORANGE/APPLE JUICE NON FAT CHOCOLATE MILK Daily CENTER Meal Drink Choices WATER TEA COFFEE MILK	TWIN FALLS SENIOR CENTER 734-5084 530 SHOSHONE ST. W., TWIN FALLS, ID. 83301 CENTER OFFICE HOURS Mon-Fri 8:00 am to 5:00 pm Website - www.tfseniorcenter.com Facebook - Twin Falls Senior Center CENTER VOLUNTEERS & DRIVERS NEEDED!!! Call today to get started
	Seafood Pasta Salad Green Salad Fruit Tator Tot Casserole Broccoli/Cauliflower Cornbread Butterscotch Oatmeal Cookie	Oriental Chicken Salad Sliced Beets Fruit Asian Rice Stir fry vegetables Egg Roll Mandarin Cake			

