



**GENAGE CAFÉ MENU - JULY 2010**  
 NOON MEAL CLINTON & SCOTT COUNTIES  
 SUGGESTED DONATION \$ 2.75 CAFÉ DINING, \$ 3.00 HOME DELIVERED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) 3 OZ ANDY'S MEATLOAF ½ C MASHED POTATOES W/GRAVY ½ C EASY VEGGIE SALAD ½ C ORANGE JELLO ½ C FRUIT COCKTAIL	2) 3 OZ GLAZED TURKEY 1 C SCALLOPED POTATOES 1 C GREEN BEANS 1 CORN MUFFIN 1 BANANA 8 OZ ORANGE JUICE
5) <b>ALL GENAGE CAFES WILL BE CLOSED EXCEPT FOR JANE'S PLACE.</b>	6) 1 HOT DOG ON WHEAT BUN W/ KETCHUP AND MUSTARD 1 BAKED POTATO ½ C BROCCOLI 1 BANANA 1/3 C CHOCOLATE PUDDING ¼ C ALMOND SNACK MIX	7) <b>HAPPY BIRTHDAY</b> ¼ OVEN BAKED CHICKEN ½ C MASHED POTATOES W/ GRAVY ½ C PEAS & PEARL ONIONS 1 WHEAT DINNER ROLL 1 CUPCAKE W/ICING 4 OZ ICE CREAM	8) 4 OZ TACO BAKE ½ C BROWN RICE ¼ C SALSA ¼ C TOMATO/LETTUCE MIX 1 TORTILLA 1 BLONDIE BROWNIE 8 OZ ORANGE JUICE	9) 3 OZ CHICKEN BREAST ON WHEAT BUN 1 C LIMA BEANS ½ C PINEAPPLE 1 PC FRUIT OF THE FOREST PIE 8 OZ ORANGE JUICE
12) 3 OZ SLOPPY JOE ON WHEAT BUN ½ C POTATOE WEDGES ½ C ITALIAN VEGETABLES 1/3 C COTTAGE CHEESE 1 C PEACHES 4 OZ GRAPE JUICE	13) <b>GOLDEN WEDDING</b> 3 OZ ROAST BEEF W/GRAVY ½ C MASHED POTATOES ½ C BROCCOLI-BACON SALAD 1 C PEACHES 1 PC CUSTARD PIE	14) <b>SOUP AND SALAD</b> 1 C GARDEN SALAD, 1 OZ TURKEY, AND 1 OZ CHEESE W/ DRESSING 1 C CREAM OF POTATO SOUP 1 PKG CRACKERS ½ C HAWAIIAN SALAD 8 OZ TOMATO JUICE	15) 1 C MEAT LASAGNA ¾ C CALIFORNIA BLEND 1 C APPLES AND APRICOTS SALAD 1 BREADSTICK 8 OZ GRAPE JUICE	16) 3 OZ LIVER & ONIONS OR 3 OZ TURKEY W/GRAVY ½ C MASHED POTATOES ¾ C PEAS 1 PC ANGEL FOOD CAKE 1/4 C STRAWBERRIES
19) 3 OZ CHICKEN SALAD ON WHEAT BUN 1/3 C POTATO SALAD ½ C CORN ½ C SHERBET 4 OZ APPLE JUICE	20) 3 OZ TURKEY W/ GRAVY ½ C MASHED POTATOES 1/3 C STUFFING ½ C GREEN BEANS 1 PC PUMPKIN BAR 8 OZ ORANGE JUICE	21) 1 C GOULASH (1/2 C MEAT, ½ C NOODLES) 1 C TOSSED SALAD W/ RANCH DRESSING 1 PC PUMPERNICKLE BREAD ½ C APPLESAUCE 8 OZ GRAPE JUICE	22) 3 OZ BAKED STEAK W/GRAVY ½ C MASHED POTATOES ¾ C SUMMER SQUASH 1 PC DOUBLE FIBER BREAD 8 OZ ORANGE JUICE 1 PC BLUEBERRY PIE	23) 3 OZ SAUCY MEATBALLS ½ C NOODLES 1 C ASPARAGUS 1 BANANA CARROT MUFFIN ½ C ORANGE SECTIONS
26) 3 OZ PORK LOIN ½ C MACARONI AND CHEESE BAKE ½ C STEWED TOMATOES 1 PC SUNNY CRANBERRY BREAD 1 C APRICOTS	27) 4 OZ FISH WEDGE ON WHEAT BUN W/ TARTER SAUCE OR HAMBURGER PATTY W/ KETCHUP AND MUSTARD 1/3 C RANCH PASTA SALAD 1 C CARROTS 1 PC BANANA PUDDING SQUARE	28) 3 OZ ANDY'S MEATLOAF ½ C MASHED POTATOES W/GRAVY ½ C FRANCOIS BLEND ½ C PEARS 1 PC STRAWBERRY CREAM PIE	29) 1 C (CHICKEN, BROCOLLI AND RICE) CASSEROLE 3 OZ CHICKEN ½ C RICE ½ C TASTE TEMPTING MUSHROOMS 1 PC 7 GRAIN BREAD 1 C CANTELOPE 1 CHOC. CHIP COOKIE	30) 1 PORK TENDERLOIN ON WHEAT BUN ½ C BEANS AND CRISPY NOODLE SALAD 1/3 C POTATO SALAD 1 PEANUT BUTTER COOKIE 8 OZ ORANGE JUICE
<b>MENUS MAY BE SUBJECT TO CHANGE</b>  SEE ORIGINAL FOR RD SIGNATURE	Bethel AME 322-6622 Buffalo 381-4594 Cumberland 332-9339 Edgewater on Third 324-9085 Eldridge 285-8415 Friendly House 323-1821	Kimberly (CASI) 386-7477 Le Claire 289-4371 Luther Crest 388-8543 Luther Knoll 449-8318 Luther Manor 332-9407 Luther Tower 355-3121 New Hope 391-0236	Roosevelt 888-2056 Spring Village 344-9463 Spruce Hills 324-9085 Temple Baptist 386-0874 Walcott 284-6122	Camanche 259-8011 DeWitt 659-5624 Park Tower 242-4222 Prairie Village 242-2085 Wheatland 374-1011 Chancy – HDM 242-5180



MENU HIGH IN SODIUM



CHOICE DAY