



# JULY 2024

# AZTEC SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	THURSDAY
<p>1</p> <p>BAKED CHICKEN W RICE PILAF TOSSED SALAD &amp; DRESSING CALIFORNIA BLEND – ROLL- MIXED FRUIT</p>	<p>2</p> <p>SWEET &amp; SOUR PORK STEAMED RICE ORIENTAL VEGGIE BLEND MANDARIN ORANGE</p>	<p>3</p> <p>CHEESEBURGER W FIXINS' POTATO SALAD 3 BEAN SALAD WATERMELON &amp; A COOKIE</p>	<p>4</p> <p>CLOSED 4<sup>TH</sup> OF JULY</p>	<p>LUNCH IS SERVED 12-1</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE.</p>
<p>8</p> <p>KIELBASA WITH CABBAGE &amp; POTATOES VEGGIE MEDLEY WW ROLL. YOGURT APRICOTS</p>	<p>9</p> <p>SPAGHETTI TOSSED SALAD W DRESSING &amp; CRACKERS GARDEN BLEND VEGGIES- GRAPES</p>	<p>10</p> <p>SPINACH/TOMATO ALFREDO PIZZA CUCUMBER/BEAN SALAD VANILLA YOGURT W STRA WBERRIES</p>	<p>11</p> <p>CHEF SALAD CRACKERS CARROT JELLO</p>	<p>AGE 60 &amp; OVER \$3.00 SUGGESTED CONTRIBUTION ***** \$6.00 FOR ALL OTHERS UNDER 60</p>
<p>15</p> <p>COUNTRY FRIED STEAK MASHED POTATOES W GRAVY-CHATEAU BLEND VEGGIES PEAR</p>	<p>16</p> <p>PORK BBQ ON BUN PINTO BEANS BRUSSEL SPROUTS FRUIT SALAD</p>	<p>17</p> <p>BREAKFAST FOR LUNCH SCRAMBLED EGGS SAUSAGE PATTY SWEET POTATOES TORTILLA-ORANGE</p>	<p>18</p> <p>FISH TACO / TORTILLA. SALSA-BLACK BEANS ANGELFOOD CAKE WITH MANGO</p>	<p><b>BINGO THURSDAYS 9:30 am</b></p> 
<p>22</p> <p>PHILLY CHEESE STEAK FRENCH FRIES STEAMED CARROTS CANTALOUPE. YOGURT</p>	<p>23</p> <p>CHICKEN &amp; RICE GREEN BEANS TOSSED SALAD W CRACKERS</p>	<p>24</p> <p>BEEF TACO W FIXINGS PINTO BEANS CAPRI VEGGIES TROPICAL FRUIT SALAD</p>	<p>25</p> <p>LOADED BAKED POTATO W TOPPINGS HB EGG. ROLL YOGURT</p>	
<p>29</p> <p>TUNA SALAD SANDWICH SPINACH SALAD MIXED VEGGIES APPLE</p>	<p>30</p> <p>BEAN &amp; CHEESE BURRITO CHATEAU VEGGIES PINEAPPLE, BANANA, COCONUT-YOGURT</p>	<p>31</p> <p>MEATLOAF MASHED POTATOES &amp; GRAVY ASPARAGUS -SALAD ROLL. ORANGE</p>	<p>TO ALL WHO HAVE A BIRTHDAY IN JULY!</p>	

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**RED FRUITS:** Fresh Strawberries: Can be prepared the day before, just rinse and slice the tops, then cut into big bite size pieces. Watermelon: Can be prepared the day before by cutting up the melon into bite size pieces. Remember to add the pieces by hand or drain the bowl, as juicy watermelon releases a lot of liquid. That is why you need to know [how to choose a watermelon](#) to make sure you get a fresh experience. Raspberries are simple to prep in advance or right before you add them; they just need to be rinsed and picked over for any bad berries. Grapes are the same; they just need to be washed and sliced into bites if you're serving the dish to smaller kids. Cherries should be prepared right before adding to the salad, by rinsing and pitting the fruit. If you slice them, they will "bleed" over other fruit, so be prepared for that or leave them whole. Dragon Fruit: This is a pinkish fruit that can add a new dimension and flavor to your [fruit salads](#).

**WHITE FRUITS:** Banana slices are the go-to fruit, just peel and slice just-ripened bananas into big pieces and gently fold into the salad. Do not try to add them hours or a day in advance, they will turn brown and mushy when they're cut. Pears are a great fruit to add close to serving time. Pick slightly firmer pears so they hold up in the salad. Peel them or leave the skin on and cut into bite size pieces. Overly ripe pears will dissolve into the salad, leaving a gritty texture on other fruits. Apples are a cheap fruit that can make a dish go a long way. Prep them shortly before serving the salad, by washing and peeling, if you want. After a few hours, they will start to brown, but the flavor stays the same. Honey Dew: There is a variety of this that is a white melon, which is perfect for this salad. You could make it into little white stars to put on top if you don't want the entire melon in your salad.

**BLUE FRUITS:** There aren't as many choices for blue fruit, but blueberries are a perfect fruit for a summer salad. If you want more variety, you can add blackberries or dark purple grapes. But don't worry, their bright blue color will really pop and add a lot to the salad! What proportion of each fruit should I use? It's okay to add more of one color than another. Strawberries or watermelon can make up half the salad, and you don't have to add an equal amount of blueberries. Add what you think people will eat, and what looks attractive in the bowl

