

# July 2017

## REDMOND SENIOR CENTER

8703 160th Ave NE, Redmond 98052

425-556-2314

Ticket sales begin at 10 am.

Buy your ticket early -- sometimes we sell out!

Seating opens at 11:45 am, lunch served at 12 noon.

Diners are encouraged to complete their meal by 12:45pm, thank you.

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>3</b> <b>Beef Lasagna</b> Green Beans Salad Garlic Bread Plum Brownie	<b>4</b> Closed for <b>Independence Day Holiday</b>  4th of July	<b>5</b> <b>Tomato Soup</b> Tuna Salad Sandwich Green Salad Melon	<b>6</b> <b>Country Fried Steak</b> Potatoes Peas & Carrots Whole Wheat Roll Pears	 <b>Please Note:</b> Due to Derby Days preparations the <b>RSC is closed</b>	
<b>10</b> <b>Oven Fried Chicken</b> Mashed Potatoes & Gravy Broccoli & Cauliflower Wheat Roll Peaches	<b>11</b> <b>Pork Tenderloin Bake</b> Mashed Potatoes Baby Carrots Wheat Roll Kiwi & Oatmeal Raisin Cookie	<b>12</b> <b>Beef Barley Soup</b> Caesar Salad Melon Ginger Snaps	<b>13</b> <b>Catered India Lunch</b> Reservations Required By July 7 425-556-2345	<b>14</b> <b>Spanish Fish</b> Rice & Corn Mexican Coleslaw Roll Oatmeal Cookie Sherbet	
<b>17</b> <b>Chicken Teriyaki</b> Rice Asian Vegetables Pears Fortune Cookie	<b>18</b> <b>Meatloaf</b> Mashed Potatoes Sliced Carrots Wheat Roll Pears Apple Juice	 <b>19</b> <b>Birthday Lunch</b> <b>Cream of Mushroom Soup</b> Chicken Salad Sandwich Mandarin Oranges Apple Crisp	<b>20</b> <b>Beef Chili Colorado</b> Spanish Rice Black Bean Salsa Chips Mixed Fruit Orange Sherbet	<b>21</b> <b>Lemon Pepper Fish</b> Romano Cheese Potatoes Spinach Tropical Fruit Pineapple-Orange Juice	
<b>24</b> <b>Chicken Parmesan</b> Angel Hair Pasta Italian Green Beans Breadstick Lemon Bar Juice	<b>25</b> <b>Ham Macaroni Bake</b> Key West Vegetables Roll Orange Slices	<b>26</b> <b>Chicken Gumbo</b> Salad Roll Peaches	<b>27</b> <b>Fish Taco</b> Rice Flour Tortilla Black Bean Salsa Chips Tropical Fruit	<b>28</b> <b>Sloppy Joe</b> Tomato & Cucumber Salad Green Peas Apricots Brownie	
<b>31</b> <b>Spaghetti w/Broccoli &amp; Chicken</b> Pea Salad Breadstick Berries & Whipped Topping	 <b>Rockin' on the RIVER</b> Thursdays, 6-8:30pm Garden Plaza • Free			Jul 13 <b>Cherry Cherry</b> Neil Diamond Tribute Jul 20 <b>Ted Vigil</b> John Denver Tribute Jul 27 <b>Nearly Dan</b> Steely Dan Tribute	Suggested donation \$3 for those over age 60; for those under age 60 the price is \$6. 