

July 2026 - Menu

Potter County Human Services - Area Agency on Aging

Menu Subject to Change - Suggested Donation \$4.25

8oz of 1% Milk and 1 tsp. margarine is Served with all Meals

Monday	Tuesday	Wednesday	Thursday	Friday
	<u>SENIOR CENTER PHONE NUMBERS</u> Coudersport - 814-274-7887 Galeton - 814-433-2390 Oswayo Valley - 814-697-7178 Ulysses - 814-848-9880	3oz BBQ Pulled Pork 1 Bun 1/2c Coleslaw 1/2c 4 way veg 4oz Yogurt with strawberry	Seasoned Chicken Breast 1/2 c Stuffing 1/2 c Diced Sweet Potatoes 1/2c Zucchini and Squash 1/2c Sliced Pears	Happy 4th of July All Centers Closed <u>No Home Delivered Meals</u>
Chicken Parmesan 3oz Chicken Cutlet, w/2oz Sauce, 1 slice Cheese 1/2c Pasta 1 Breadstick 1/2c. Green Beans 1 Fresh Orange	1 Stadium Hot Dog 1 bun Ketchup, Mustard, Relish, Onions 1/2 cup Macaroni Salad 1oz bag Potato Chips 1/2 c Fresh Watermelon	Egg Salad Sandwich 2 slices White Bread 1/2c Pasta Salad 1/2c Beets 4oz Cottage Cheese w/Cherry Topping	3 oz Ham 1/2 c Scallop Potatos 1/2 c Brussel Sprouts 1 Slice Rye Bread 1 Fresh Apple	3oz Pork Loin Fritter 2oz Gravy 1/2c Baby Baked Potatoes 1/2c Corn 1 Slice Wheat Bread 1/2c sliced peaches
3oz Egg and Cheese Omelet 2 Sausage Link 1 Hash Brown 1 English Muffin w/Jelly 4oz Apple Juice	Italian Sausage Sandwich 3 oz Sausage and bun 1/2c Peppers & Onions 1/2c Pasta Salad Fresh Cantaloupe	3oz Beef Tips over 1/2c Noodles w/2oz Gravy 1/2c Mixed Vegetables 1/2c Grapes 1 Dinner Roll	3oz Baked Salmon 2oz Dill Sauce 1/2c Rice Pilaf 1/2c Green Beans 1/2c Pudding	3oz Chicken Puff Pastry (Empanada) 1/2 c Roasted Cabbage 1/2 c Black Beans 4oz Cottage Cheese w Strawberries
3oz Pork Riblet 1/2 c baked beans 1/2 c Broccoli Slaw Fruited Jello Corn Bread	1 Stuffed Shells 3 Meatballs w/2oz Sauce 1/2c Broccoli 1 Garlic Breadstick 1/2c Fruit Cocktail	3oz Sloppy Joe 1 Hamburger Bun 1/2c Tator Tots 1/2c Cole Slaw 1/2 c Apricot	Smothered Chicken 3oz Chicken, Peppers, Onions, Mushrooms, Cheese slice melted on top 1/2 c Potato Salad 4oz Yogurt w/Strawberries	Boil Day 3oz Shrimp 4 Baby Baked Potatoes 2 Corn on the cob 1 Whole Grain Roll 1/2c Fresh Watermelon
Beef Tacos (2) w Taco Shells 2 oz meat per taco 1oz lettuce, Cheese, salsa 1/2 c Spanish Rice 1/2c Corn & Black Beans 1/2 c Watermelon	Cheese Burger 3oz Burger Patty w/1 slice Cheese 1 slice lettuce & Tomato 1/2c Baked Beans 1/2c Macaroni Salad 1/2c Pineapple	3oz Chicken Salad 2 slices White Bread 1/2 c Mashed Yams 1 pickled Egg Fruited Jello	Pork & Sauerkraut 3 oz Pork & 1/2c Sauerkraut 1/2c Mashed Potatoes 1/2c Coined Carrots 1 slice Rye Bread 1/2c Applesauce	3oz Crabcake 1/2 c Cole Slaw 1 Hush Puppy 1/2c Mandarin Oranges 1 Sandwich Roll 1Tbsp. Tartar Sauce