










JULY 2019



SILVER STRANDS SENIOR CENTER

133 WEST STATE ST. PALMYRA, IL 62674 (217) 436-2497

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---------------------------------------|---|---|
| <p>1</p> <p>US POSTAGE STAMP DAY</p>  <p>HAMBURGER ON BUN</p> | <p>2</p> <p>GRILLED CHICKEN PATTY</p> | <p>3</p> <p>ALL MEAT FRANK ON BUN</p> | <p>4</p> <p>CLOSED IN OBSERVANCE OF INDEPENDENCE DAY</p>  | <p>5</p> <p>BRING A FRIEND</p> <p>BINGO 12PM</p>  <p>BBQ PORK ON BUN</p> |
| <p>8</p> <p>HAM & CABBAGE CASSEROLE</p> | <p>9</p> <p>CHICKEN ALFREDO</p> | <p>10</p> <p>TACO SALAD</p> | <p>11</p> <p>CHEER UP THE LONELY DAY</p> <ul style="list-style-type: none"> • INVITE SOMEONE TO LUNCH!  <p>BEEF & NOODLES</p> | <p>12</p> <p>BRING A FRIEND</p> <p>BINGO 12PM</p> <p>BAKED HAM</p> |
| <p>15</p> <p>NATIONAL GIVE SOMETHING AWAY DAY</p>  <p>POLISH SAUSAGE & KRAUT</p> | <p>16</p> <p>SWISS STEAK</p> | <p>17</p> <p>GOULASH</p> | <p>18</p> <p>CHICKEN STIR-FRY</p> | <p>19</p> <p>BRING A FRIEND</p> <p>BIRTHDAY DINNER</p>  <p>BINGO 12PM</p> <p>HAMLOAF</p> |
| <p>22</p> <p>CHICKEN TORTELLINI ALFREDO</p> | <p>23</p> <p>CHICKEN FRIED STEAK</p> | <p>24</p> <p>CHILI</p> | <p>25</p> <p>POTATO SOUP</p> | <p>26</p> <p>BRING A FRIEND</p> <p>BINGO 12PM</p>  <p>MEATLOAF</p> |
| <p>29</p> <p>VEGETABLE BEEF SOUP</p> | <p>30</p> <p>PAPERBACK BOOK DAY</p>  <p>ENJOY AN OLD FAVORITE</p> <p>BBQ JOHNNY RIBS</p> | <p>31</p> <p>MOSTACCIOLI</p> | <p>YOU ARE WELCOME TO JOIN US FOR LUNCH AT 11:30AM PLEASE CALL IN ADVANCE FOR LUNCH ONLY</p> | <p>THESE PROGRAMS BROUGHT TO YOU BY:</p>  <p>Illinois Valley Economic Development Corporation</p> |

