


+THURMONT SENIOR CENTER JULY 2024 MENU

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Sunday	Monday Bollingers	Tuesday Fratellis	Wednesday Mt. Gate	Thursday Rocky's	Friday Kountry Kitchen	Saturday
	1 5 oz Hamburger Steak Mashed Potatoes Green Beans Dessert	2 Cheeseburger Extra Crispy Fries Fruit Cup Dessert	3 Roast Turkey Mashed Potatoes/Gravy Cranberry Gel Beets Bread	4 CLOSED Happy 4th 	5 Liver & Onions w/ Bacon Gravy Mashed Potatoes Corn Fritters Dessert	6
7	8 Grilled Cheese French Fries Applesauce Dessert	9 Crab Cake Sandwich Extra Crispy French Fries Fruit Cup Dessert	10 Meat Loaf Baked Potatoes w/ butter & sour cream Carrots Dessert	11 Cheese or Pepperoni Pizza Salad Bread Dessert	12 Ham Steak Mac and Cheese Stewed Tomatoes Dessert	13
14	15 Chicken Salad Sandwich Chips Tropical Fruit Dessert	16 Turkey Club Chips Fruit Cup Dessert	17 Spaghetti Tossed Salad Garlic Bread Dessert	18 6 in Italian Cold Cut Salad Bread Dessert	19 Open Faced Hot Turkey w/ Mashed Potatoes Cranberry Sauce Dessert	20
21	22 BLT Wrap French Fries Dessert	23 BBQ Bacon Cheeseburger Chips Applesauce Dessert	24 Roast Beef Scalloped Potatoes Stewed Tomatoes Rolls Dessert	25 Meat Ravioli Salad Bread Dessert	26 Chicken Fingers Tater Tots Sliced Peaches Dessert	27
28	29 Fried Shrimp Mashed Potatoes Green Beans Dessert	30 Small Tuna Sub Chips Applesauce Dessert	31 Chicken Salad Sandwiches on slider rolls Tossed Salad Fruit Salad Dessert			

THURMONT SENIOR CENTER, 806 E. MAIN STREET, THURMONT, MD 21788, 301-271-7911, thurmontseniorcenter@zoho.com, also on Facebook, Open M-F 9:00am. to 3:00p.m. Lunch served at 12 Noon M-F for \$6.00. **PLEASE SEE OUR EVENTS CALENDAR ON THE REVERSE SIDE.** Overflow parking is located behind the Police Station (follow the paved path to our parking lot), out front on the street & across the street at the school. Call for more information on any event to the center 301-271-7911. We provide rides for homebound seniors within a 6 mile radius for doctors/dentists appointments in Thurmont, grocery store, hair dresser, etc. & we deliver carryout lunches for \$6.00 ea. for homebound seniors within 6 miles. Call the center for details. **REMEMBER IF FRED. COUNTY SCHOOLS ARE CLOSED DUE TO SLIPPERY ROADS WE ARE CLOSED. IF SCHOOLS ARE DELAYED WE OPEN ON TIME.**