

# July Lunch Club 60 Menu

Serving Time: 11:30 am-12:00pm

Menu items subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>BBQ Pulled Pork on Bun Broccoli Carrots Pears</p>	<p>3</p> <p>Hot Dog on Bun w/Condiments Orange Juice Summer Potato Salad Sherbet</p>	<p>4</p> <p><b>Community Center Closed</b></p> <p><b>Lunch Club 60 Cancelled</b></p>	<p>5</p> <p>Broccoli &amp; Cheese Quiche Scandinavian Blend Vegetables Corn Wheat Bread Honeydew</p>	<p>6</p> <p>Chicken ¼ w/BBQ Sauce Apple Juice Mashed Sweet Potatoes Italian Blend Vegetables 12 Grain Bread Apricots</p>
<p>9</p> <p>Ground Beef Taco Salad w/Cheese, Salsa &amp; Sour Cream Tomato Florentine Soup Tortilla Fruit Cocktail</p>	<p>10</p> <p>Breaded Haddock w/Tartar Sauce Red Jacketed Potatoes Carrots Marble Rye Bread Plums</p>	<p>11</p> <p><b>Nutrition Ed w/Cindy</b> "Steps Toward Better Eating Habits" Macaroni &amp; Cheese Tomatoes, Zucchini &amp; Onions Broccoli Italian Bread Watermelon</p>	<p>12</p> <p>Fajita Chicken on Spinach Romaine Salad Ranch Dressing Navy Bean Soup Wheat Bread Cantaloupe</p>	<p>13</p> <p>Braised Pork Chop w/Gravy Scalloped Potatoes Spanish Style Lima Beans Rye Bread Mandarin Oranges</p>
<p>16</p> <p>Broccoli Cheese Topped Baked Potato Spinach Lentil Soup 12 Grain Bread Peaches</p>	<p>17</p> <p>Tuna Pasta Salad w/Lettuce &amp; Tomato Orange Juice Chicken Gumbo Wheat Bread Honeydew</p>	<p>18</p> <p><b>Summer Picnic Today</b></p> <p><b>*Get your tickets by 7/11</b></p> <p><b>No Lunch Club 60</b></p>	<p>19</p> <p>Sweet &amp; Sour Pork over Brown Rice Oriental Blend Vegetables Spinach Dinner Roll Nectarine</p>	<p>20</p> <p>Meatballs w/Pasta &amp; Sauce Tossed Lettuce Salad w/Italian Dressing Wax Beans Breadstick Pears</p>
<p>23</p> <p>Veggie Meatball Sub Sandwich w/Sauce Minestrone Mandarin Oranges</p>	<p>24</p> <p>Rosemary Oven Brownd Chicken ¼ Apple Juice Cucumber &amp; Onion Salad Baked Beans Pumpnickel Bread Cantaloupe</p>	<p>25</p> <p>Chili Topped Baked Potato w/Sour Cream &amp; Shredded Cheese Broccoli Marble Rye Bread Honeydew</p>	<p>26</p> <p><b>Meal Time Music</b> <b>Ernesto LaBella</b> Italian Sausage Pasta &amp; Sauce Wax Beans Italian Blend Vegetables Italian Bread Watermelon</p>	<p>27</p> <p>Seafood Salad w/Lettuce &amp; Tomato on Thinwich Cabbage Beef Soup Pineapple</p>
<p>30</p> <p>Goulash w/Ground Beef Grape Juice Broccoli Scandinavian Blend Vegetables Italian Bread Apricots</p>	<p>31</p> <p>Braised Pork Chop w/Gravy Mashed Potatoes Spanish Style Lima Beans 12 Grain Bread Honeydew *Cupcakes*</p>		<p><b>All meals are served with milk, bread and margarine.</b></p> <p><b>Soup served with crackers.</b></p>	<p><b>Funding</b> This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, Monroe County Dept. of HS/Office for the Aging</p>

# **Lunch Reservation Procedure**

## **(Please call 723-2425)**

- Meals are served daily from 11:30am-12:00pm
- Lunch is a suggested contribution of \$3.00 for any person 60 and older. For anyone under the age of 60, the meal cost is \$6.00 which will be collected at the front desk
- If you have not arrived by 11:45am for your lunch reservation, your meal may be given to any individual on our waiting list
- For a guaranteed meal, reservations need to be made 2 weeks in advance; upon availability reservations can be made up until the day of meal service
- All meal cancellations must be made by 10:00am the day before the meal is served

### **Medical Motors Transportation**

Daily transportation to the center for seniors 60 and older is provided through Medical Motors for Greece residents for the Nutrition Program and activities. There is a suggested contribution of \$2.00

- Pick-ups are between 7:00-9:00am, Mon-Fri
    - Returns are 12:30 & 2:30, Mon-Fri
- Pick up and return times are subject to change

Please call 723-2425 at least 24 hours in advance to sign up for transportation

**Please call Medical Motors at 654-7030 before 8:00am if you need to cancel on the day you are scheduled to be picked up.**

**3 Vince Tofany Blvd. Greece, NY 14612**

**(585) 723-2425**

**[www.greeceny.gov](http://www.greeceny.gov)**



## Monroe County Senior Nutrition Program

### Who is eligible to eat a meal?

- Any person age 60 or older, regardless of residency, is eligible to eat a meal. This includes staff members and volunteers at the meal site who are age 60 or older.
- A spouse of any age of an eligible participant as defined above.
- Disabled persons under the age of 60 who reside at the home of an eligible participant and accompany that person to the meal site.
- Disabled persons under age 60 who reside in housing facilities where congregate meals are served.
- Volunteers of any age who assist in the meal service during meal time.

### Who may 'contribute'?

- Includes all persons as described in the list above.
- No eligible person can be denied a meal because of inability or unwillingness to contribute.
- The suggested meal contribution is **\$3.00** per meal.
- All contributions are confidential and voluntary.

### Who must 'pay'?

#### Staff

- Staff under 60 years of age **must** pay \$6.00 per person.

#### Guests

- Guests under age 60 **must** pay \$6.00 per person.
- Guests include children, other relatives of participants (other than those noted as being eligible as noted above), employees of agencies, towns, counties, politicians, speakers, social workers, etc.

No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance on grounds of race, color, sex, religion, national origin, disability or marital status. This program is funded by participants' contributions, U.S. Administration on Aging, NY State Office for the Aging, NY State Dept of Health, and the Monroe County Dept of HS/Office for the Aging



# Greece on the Go

Keeping **You** Moving in Greece and Beyond



## July 2018

### Groceries & Shopping

**Friday, July 6: Wegmans – Latta Rd**

9:00am-11:00am

Medical Motors Transportation

**Friday, July 13: Price Rite**

9:00-11:00am

Medical Motors Transportation

**Thursday, July 19: Public Market-Downtown**

10:00am-1:30pm

\$2.00 to ride bus

**Friday, July 20: Trader Joes**

9:00-11:00am

Medical Motors Transportation

**Friday, July 27: Walmart - Greece**

9:00-11:00am

Medical Motors Transportation

All trips depart and return from the  
Community & Senior Center  
3 Vince Tofany Blvd  
Greece, NY 14612



For Trips Noted "Medical Motors Transportation"  
Through the Greece Community & Senior  
Center, for Greece Seniors, Medical Motors  
offers monthly trips to area grocery stores.

Transportation is free and **requires a minimum of 3 riders.**

You may sign up at the front desk ahead of  
time or by calling 723-2425.