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| **Happy Birthday!!** Phyllis Handsaker, Cynthia Frankson, Delmon Ener, Leota Jinkins, Bill AbbottDanny Ebarb, Daniel McWilliams, Theodore Vernon, JoAnn Borel | **1** Beef TipsRicePurple Hull PeasWith okraCorn Bread | 2 BBQ ChickenPotato Salad Baked BeansSliced Bread | 3HamburgersFrench FriesLettuce & Tomato | 4 Closed |
| 7 TacosNacho cheese/ChipsMexican corn | 8 EnchiladasPinto Beans Spanish rice Salad | 9 ChickenSpaghettiTossed SaladBeets | 10 Tamales & ChiliPinto Beans Tossed Salad | **11** Fried Fish/ FriesMacaroni and CheeseCole Slaw |
| 14 Salmon PattiesOven Browned PotatoesPurple Hull Peas & Okra, Corn Bread | 15 Senior Bingo with MeganOrange chickenFried RiceEgg Rolls | 16 King Ranch Chicken SquashPinto BeansCorn bread | 17 Sloppy JoesTater Tots Mixed Veggies | 18 Liver& Onions SausageLima Beans, GreensCorn Bread |
| 21 Chicken TendersMashed Potatoes Spinach | 22 Beef Patty & Onions, CornSquash Biscuit | 23 Meat loaf Mashed Potatoes Broccoli Yeast Roll | 24 Pork RoastSweet PotatoesSpinachCorn Bread | 25 Oven Fried ChickenMashed PotatoesGreen Beans |
| 28 SpaghettiGreen Beans Tossed SaladGarlic Bread | 29 Baked fish Potato saladcarrots | 30 Chicken CacciatoreRice, Cauliflower | 31 LasagnaGreen Beans Tossed SaladGarlic Bread | , |

**East Sabine Senior Services 409-787-2490 561 Starr St Lunch M-F 11:00-12:15**

**July 2025**