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| **Happy Birthday!!**  Phyllis Handsaker, Cynthia Frankson, Delmon Ener, Leota Jinkins, Bill Abbott  Danny Ebarb, Daniel McWilliams, Theodore Vernon, JoAnn Borel | **1** Beef Tips  Rice  Purple Hull Peas  With okra  Corn Bread | 2 BBQ Chicken  Potato Salad  Baked Beans  Sliced Bread | 3  Hamburgers  French Fries  Lettuce & Tomato | 4  Closed |
| 7 Tacos  Nacho cheese/Chips  Mexican corn | 8 Enchiladas  Pinto Beans  Spanish rice  Salad | 9 Chicken  Spaghetti  Tossed Salad  Beets | 10 Tamales & Chili  Pinto Beans  Tossed Salad | **11** Fried Fish/ Fries  Macaroni and Cheese  Cole Slaw |
| 14 Salmon Patties  Oven Browned Potatoes  Purple Hull Peas & Okra, Corn Bread | 15 Senior Bingo with Megan  Orange chicken  Fried Rice  Egg Rolls | 16 King Ranch Chicken  Squash  Pinto Beans  Corn bread | 17 Sloppy Joes  Tater Tots  Mixed Veggies | 18 Liver& Onions Sausage  Lima Beans, Greens  Corn Bread |
| 21 Chicken Tenders  Mashed Potatoes  Spinach | 22 Beef Patty & Onions, Corn  Squash  Biscuit | 23 Meat loaf Mashed Potatoes Broccoli  Yeast Roll | 24 Pork Roast  Sweet Potatoes  Spinach  Corn Bread | 25 Oven Fried Chicken  Mashed Potatoes  Green Beans |
| 28 Spaghetti  Green Beans  Tossed Salad  Garlic Bread | 29 Baked fish  Potato salad  carrots | 30 Chicken Cacciatore  Rice, Cauliflower | 31 Lasagna  Green Beans Tossed Salad  Garlic Bread | , |

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

**July 2025**