

JULY

2025

SELRICO
SERVICES

milk and fruit served daily



SENIOR PROGRAMS
CITY OF PHOENIX HUMAN SERVICES



Monday	Tuesday	Wednesday	Thursday	Friday
Meal reservations and cancellations must be made at least three business days in advance. Members 60+ may give a recommended contribution of \$2.50 per meal. The cost of a meal for all others is \$5. Members without a lunch reservation may be placed as a "standby" meal based on availability.				
	1 Cheeseburger (Carne) on WG Bun Buffalo Cauliflower Baked Lays Chips	2 Teriyaki Tofu on Brown Rice Roasted Broccoli Mixed Vegetables	3 Turkey Hot Dogs on WW Bun Baked Beans Broccoli Salad	4 CENTER CLOSED Independence Day Holiday <i>Fourth of July</i> INDEPENDENCE DAY
	BLT (Cerdo) Wrap Tomato Florentine Soup	BLT (Cerdo) Wrap Tomato Florentine Soup	BLT (Cerdo) Wrap Tomato Florentine Soup	
7	8	9	10	11
Corned Beef w/ Cabbage and Carrots, Roasted O'Brien Potatoes, WW Roll	Vegetarian (Queso) Lasagna, Stewed Tomatoes, Garlic Green Beans	Green Goddess Turkey Meatballs, Roasted Potatoes, Steamed Tomatoes, WG Pita	Honey Garlic Pork (Cerdo) on Brown Rice, Bok Choy, Cauliflower	Mexican Spiced White Fish (Pescado) on Brown Rice, Roasted Bell Peppers, Calabasitas
Chicken Salad on Pumpernickel, Creamy Potato Bacon Soup	Chicken Salad on Pumpernickel, Creamy Potato Bacon Soup	Chicken Salad on Pumpernickel, Creamy Potato Bacon Soup	Chicken Salad on Pumpernickel, Creamy Potato Bacon Soup	Chicken Salad on Pumpernickel, Creamy Potato Bacon Soup
14	15	16	17	18
Egg (Huevos) Salad Wrap, Carrot & Cranberry Salad, Marinated Cucumbers	Garlic Chicken with Orzo, Peas & Carrots, Roasted Yellow Squash	Smothered Pork (Cerdo), Thyme Roasted Carrots, Green Beans, WW Roll	Sesame Ginger Beef (Carne) on Brown Rice, Steamed Broccoli, Asian Veggie Blen	Fish (Pescado) Veracruz, Refried Beans, Spanish Rice
Turkey (Pavo) Pesto on Sourdough Italian Wedding Soup	Turkey (Pavo) Pesto on Sourdough Italian Wedding Soup	Turkey (Pavo) Pesto on Sourdough Italian Wedding Soup	Turkey (Pavo) Pesto on Sourdough Italian Wedding Soup	Turkey (Pavo) Pesto on Sourdough Italian Wedding Soup
21	22	23	24	25
Sweet & Sour Chicken (Pollo), Onion, Carrot & Bell Pepper, Steamed Broccoli, Brown Rice	Vegetarian Greek Salad w/Chickpeas & Mixed Veg, Pita Chips & Tzatziki	Pork Carnitas Pinto Beans Chuckwagon Corn WW Tortillas	Sloppy Joe (Carne) on WG Bun, Tater Tots, Roasted Brussels Sprouts	Fish Florentine Stewed Tomatoes WW Roll
Pimento & Cucumber on Cornbread Bun, Chicken Sausage Gumbo	Pimento & Cucumber on Cornbread Bun, Chicken Sausage Gumbo	Pimento & Cucumber on Cornbread Bun, Chicken Sausage Gumbo	Pimento & Cucumber on Cornbread Bun, Chicken Sausage Gumbo	Pimento & Cucumber on Cornbread Bun, Chicken Sausage Gumbo
28	29	30	31	
Zucchini w/Italian Sausage (Cerdo) & Marinara, Roasted Pepper & Onions, WG Roll	Beef (Carne) Stroganoff on WW Pasta, Green Beans, Mixed Vegetable	Turkey Club Salad, Shredded Cheddar, Bacon, Mixed Greend, Tomato, Ranch Dressing, WW Roll	Chicken (Pollo) Fajitas Black Beans WW Tortillas	
Egg Salad & Tomato on Wheat Garden Vegetable Soup	Egg Salad & Tomato on Wheat Garden Vegetable Soup	Egg Salad & Tomato on Wheat Garden Vegetable Soup	Egg Salad & Tomato on Wheat Garden Vegetable Soup	