

FELLOWSHIP SQUARE TUCSON DINING MENU - JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Dining Room Hours: Monday-Saturday (All Day) 11:30 am – 5:00 pm To Go – 11:30 am – 5:45 pm SUNDAY: 11:00 am--2:00 pm To go – until 2:45 pm FLAVOR OF THE MONTH: Strawberry Cheesecake	Delivery Times: 12:00 pm, 1:00 pm, 4:00 pm or 5:00 pm Times are subject to change depending on amounts of meals placed for delivery. Contact Numbers: DELIVERY: 520-731-6680	Menu Items Available Everyday: Soup: ♥Vegetable Ice Cream: Vanilla Rainbow Sherbet Salads & Sides: Gelatin Salad ♥Tossed Salad w/ Dressing ♥Cottage Cheese Mashed Potatoes	Entrees: ♥Veggie Burger ♥Grilled Chicken Breast Grilled Cheese Sandwich Cheese Omelet or Scrambled Egg w/ Toast, Home Fries, Bacon or Sausage Patties Gluten-Free Lentil Patties Gluten-Free Bread	<p style="text-align: center;">1 FRENCH SPRING SOUP</p> ♥SUNDRIED TOMATO PESTO CHICKEN ♥CATCH OF THE DAY SPINACH & CHEESE STUFFED SHELL VEGETARIAN ♥ VEGETABLE PASTA PARMESAN NOODLES ROMANOFF 4 WAY- MIXED VEGETABLES ♥SEASONED WAX BEANS BANANA SPLIT DESSERT
<p style="text-align: center;">2 STRAWBERRY SOUP</p> BEEF SIRLOIN ROAST STUFFED PORK CHOPS ♥MEDITERRANEAN WHITE FISH VEGETARIAN ♥ THREE CHEESE QUICHE TWICE BAKED POTATO NC ♥BROCCOLI W/ CHEESE SAUCE ♥ROASTED YELLOW SQUASH LEMON MERINGUE PIE	<p style="text-align: center;">3 NAVY BEAN SOUP</p> CHICKEN SALAD ON A CROISSANT CHEF'S SPECIAL ♥GRILLED WHITEFISH W/ MANGO SALSA VEGETARIAN ♥ VEGGIE CAPRESE AU GRATIN POTATOES SWISS VEGETABLE MIX ♥GREEN PEAS ASSORTED DESSERTS	<p style="text-align: center;">4 CHILI SOUP JULY 4TH BBQ CHICKEN HOT DOG BAR HAMBURGER W/ FIXINGS VEGETARIAN ♥ VEGGIE TEXAN SANDWICH POTATO SALAD / COLE SLAW BAKED BEANS ♥SEASONED GREEN BEANS APPLE PIE AL A MODE</p>	<p style="text-align: center;">5 CREAM OF CHICKEN SOUP</p> BEEF TRI TIPS ♥CATCH OF THE DAY STUFFED CABBAGE ROLL VEGETARIAN ♥ VEGGIE MUSHROOM FRICASSEE W/ CB MACARONI & CHEESE ♥STEWED TOMATOES ♥GLAZED SQUASH ICE CREAM SANDWICH DESSERT	<p style="text-align: center;">6 ITALIAN WEDDING SOUP</p> HAM SALAD ON WHOLE GRAIN CHEF'S SPECIAL SPAGHETTI & MEAT SAUCE W/ GB VEGETARIAN ♥ HEARTY FARM SALAD W/ ROLL BAKED POTATO ♥ITALIAN GREEN BEANS ♥ROASTED CAULIFLOWER CHOCOLATE PUDDING	<p style="text-align: center;">7 MANHATTAN CLAM CHOWDER</p> COD SUPREME OVEN FRIED CHICKEN NC CHEF'S SALAD VEGETARIAN ♥ GRILLED SPINACH & FETA SANDWICH OVEN BROWNED POTATOES ♥WHIPPED CARROTS ♥SUGAR SNAP PEAS RASPBERRY CAKE	<p style="text-align: center;">8 SUMMER LENTIL SOUP</p> ♥CATCH OF THE DAY ♥ROASTED LEMON CHICKEN MEATLOAF VEGETARIAN ♥ EGG SALAD ON MARBLED RYE RICE PILAF CORN MEDLEY SPINACH SOUFFLE COOKIES & ICE CREAM
<p style="text-align: center;">9 BAKED POTATO CHEESE SOUP</p> MAPLE BAKED HAM ♥PAN FRIED TROUT STUFFED CHICKEN BREAST VEGETARIAN ♥ GRILLED PORTOBELLO MUSHROOM ON A BUN BAKED SWEET POTATO WEDGES ♥ASPARAGUS W/ HOLLANDAISE ♥FRESH HARVARD BEETS PEACH PIE	<p style="text-align: center;">10 FRENCH ONION SOUP</p> CHICKEN CROQUETTES LIVER & ONIONS BBQ PULLED PORK SANDWICH VEGETARIAN ♥ FRESH FRUIT & COTTAGE CHEESE PLATE MASHED POTATOES SUCCOTASH ♥GLAZED CARROTS ASSORTED DESSERTS	<p style="text-align: center;">11 POSOLE SOUP</p> FISH TACOS BAKED CHICKEN OLD-FASHIONED POT ROAST VEGETARIAN ♥ CALIFORNIA BURRITO RICE CON QUESO ♥MIXED GREENS ♥CALABACITAS MEXICAN LIME ICEBOX CAKE	<p style="text-align: center;">12 CHICKEN NOODLE SOUP</p> SEAFOOD PLATTER CHICKEN POT PIE ROAST BEEF AU JUS VEGETARIAN ♥ VEGGIE MALIBU PANINI STEAK FRIES ♥ROASTED CAULIFLOWER ZUCCHINI CASSEROLE APPLE CRISP	<p style="text-align: center;">13 ASIAN MUSHROOM SOUP</p> CHICKEN CHOW MEIN CHEF'S SPECIAL NC PATTIE MELT VEGETARIAN ♥ VEGGIE STACKER FRIED RICE BROCCOLI W/ GARLIC SAUCE ASIAN BLEND VEGETABLES RICE PUDDING	<p style="text-align: center;">14 SEAFOOD GUMBO</p> ♥RED ONION SALMON PEPPER STEAK APRICOT CHICKEN SALAD PLATE NC VEGETARIAN ♥ MEDITERRANEAN VEGGIE WRAP LYONNAISE POTATOES SQUASH CASSEROLE ♥PEAS & CARROTS BANANA CAKE	<p style="text-align: center;">15 BEEF BARLEY SOUP</p> HOT DOG BAR OPEN-FACED HOT TURKEY SANDWICH ♥TUNA STUFFED TOMATO PLATE NC VEGETARIAN ♥ VEGGIE SUB SANDWICH SEASONED FRIES ♥4 WAY MIXED VEGETABLES CREAMED CORN MAKE YOUR OWN SUNDAE

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16 TURKEY NOODLE SOUP CHICKEN CORDON BLEU ♥BAKED ORANGE ROUGHY COUNTRY FRIED STEAK VEGETARIAN ♥ MUSHROOM QUICHE W/ FRUIT BAKED POTATO COUNTRY-STYLE GREEN BEANS ♥WHIPPED CARROTS CHOCOLATE CREAM PIE	17 TOMATO FLORENTINE ♥TILAPIA SCAMPI MEAT LASAGNA W/ GB CHICKEN PICCATA VEGETARIAN ♥ POLENTA W / ITALIAN SAUCE & CHEESE NOODLES ROMANOFF ♥CAPRI MIXED VEGETABLES CAULIFLOWER MASH ASSORTED DESSERTS	18 CHICKEN TORTILLA SOUP BEFF CHIMICHANGA SWEET & SOUR PORK ♥MEXICALI WHITE FISH VEGETARIAN ♥ BEAN CHILAQUILES SPANISH RICE SHOEPEG CORN CASSEROLE ♥SEASONED SPINACH STRAWBERRY SHORTCAKE	19 MULLIGATAWNY SOUP NC♥CAESAR SALAD PLATE SALISBURY STEAK CHICKEN TENDERS W/ DIPPING SAUCE VEGETARIAN ♥ MUSHROOM BURGUNDY W/ ROASTED BROCCOLI SEASONED STEAK FRIES ♥COLLARD GREENS ♥GLAZED ACORN SQUASH LEMON FLUFF	20 MUSHROOM BARLEY SOUP RANCH CHICKEN SANDWICH KIELBASA W/ SAUERKRAUT LIVER & ONIONS VEGETARIAN ♥ TOFU SALAD BOWL MASHED POTATOES ♥BROCCOLI & CAULIFLOWER MEDLEY ROASTED CORN SOCK IT TO ME CAKE	21 WISCONSIN CHEDDAR SOUP SHRIMP SCAMPI STICKY CHICKEN MARINATED BEEF BRISKET VEGETARIAN ♥ MALIBU BURGER W/ GRILLED ONIONS OVEN BROWNED POTATOES ♥SUGAR SNAP PEAS ♥ROASTED CARROTS TAPIOCA PUDDING	22 CHICKEN RICE SOUP STEAK SANDWICH W/ CRISPY ONIONS BEER BATTERED COD CHICKEN SALAD PLATE NC VEGETARIAN ♥ GUACAMOLE VEGGIE WRAP AU GRATIN POTATOES ♥STEWED TOMATOES ♥CAPRI MIXED VEGETABLES BUSTER BAR DESSERT
23 CREAM OF BROCCOLI SOUP ROAST PORK LOIN W/ APPLE SAUCE ♥SALMON FRIED CHICKEN VEGETARIAN ♥ 3 CHEESE QUICHE W/ FRUIT BAKED POTATO ♥SEASONED GREEN BEANS YELLOW SQUASH CASSEROLE COCONUT CREAM PIE	24 GREEK LEMON SOUP ♥CATCH OF THE DAY HOT MEATBALL SANDWICH SMOTHERED PORK CHOP NC VEGETARIAN ♥ APPLE, BLUEBERRY & WALNUT SALAD PLATE MACARONI & CHEESE 4-WAY MIXED VEGETABLE ♥MIXED GREENS ASSORTED DESSERTS	25 MENUDO SOUP CHICKEN ENCHILADAS FISH ON A BUN CHEF'S SPECIAL VEGETARIAN ♥ VEGGIE FAJITA RICE & BEANS ♥ROASTED BRUSSELS SPROUTS CAULIFLOWER MASHED SOUR CREAM COFFEE CAKE	26 CREAM OF CARROT SOUP NC♥SANTA FE BBQ CHICKEN SALAD PLATE BACON CHEESEBURGER SEAFOOD CROQUETTES VEGETARIAN ♥ WHITE CHILI W/ CORN MUFFIN SEASONED FRIES SUCCOTASH NC ♥ MIXED PEPPERS W/ FETA PEACH COBBLER	27 TOMATO RICE SOUP STEAK RANCHERO QUICHE LORRAINE ASIAN BAR VEGETARIAN ♥ CHIPOTLE CAULIFLOWER TACO BOWL MUSHROOM RICE PILAF ♥GREEN PEAS ♥FRESH ORANGE BEETS CHOCOLATE ÉCLAIR DESSERT	28 NEW ENGLAND CLAM CHOWDER CRAB CAKES CORNED BEEF BRISKET NC♥ COBB SALAD VEGETARIAN ♥ SPINACH & FETA GRILLED CHEESE S PARSLIED POTATOES HOMINY W/ BACON ♥SEASONED CABBAGE LEMON CUSTARD PIE LEMON CUSTARD PIE	29 PASTA FAGIOLI SOUP REUBEN SANDWICH CHICKEN PARMESAN W/ PASTA ♥COD TIAN VEGETARIAN ♥ EGGPLANT PANINI BUTTERED NOODLES ♥ITALIAN GREEN BEANS PARMESAN ACORN SQUASH STRAWBERRY DREAM DESSERT
30 CREAM OF ASPARAGUS SOUP CATFISH ST. JAMES ♥CHICKEN PAILLARD BBQ BEEF TRI TIPS VEGETARIAN ♥ GRILLED VEGGIE SANDWICH ROASTED RED POTATOES SPINACH SOUFFLE ♥ROASTED ROOT VEGETABLES BLUEBERRY PIE	31 CHICKEN NOODLE SOUP TURKEY CRANBERRY WRAP SEASONED MEATLOAF ♥CHICKEN MARSALA VEGETARIAN ♥ GRILLED VEGETABLE SANDWICH SCALLOPED POTATOES MIXED VEGETABLES ♥GLAZED CARROTS ASSORTED DESSERTS					