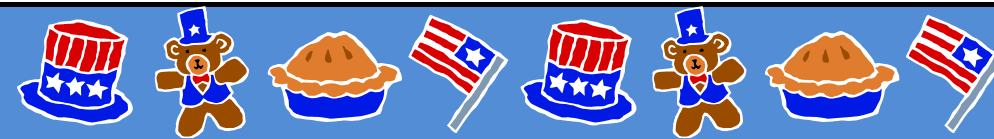


# July 2025



	TUESDAY 1*	WEDNESDAY 2*	THURSDAY 3	FRIDAY 4
<b>Senior Meal Suggested Donation</b> <b>Lunch \$2.00</b> <b>Under 60 years \$6.00</b> <b>Menu Subject to Change</b> <b>Meals Served:</b> <b>11:30 am - 12:30 pm</b>	<b>Spaghetti and Meat Sauce</b> Steamed Veggies Caesar Salad Tropical Fruit Salad	<b>Pork Chop</b> Scalloped Potatoes Steamed Broccoli Garden Salad w/LF Dressing WW Roll w/Margarine Chilled Applesauce	<b>All Beef Hot Dog</b> Chili Beans Steamed Succotash Carrot/Raisin Salad Watermelon Wedge	<b>HAPPY</b> <b>4TH OF JULY</b> <b>ALL</b> <b>CENTERS</b> <b>CLOSED</b> <b>BE SAFE</b>
MONDAY 7	TUESDAY 8	WEDNESDAY 9*	THURSDAY 10*	FRIDAY 11
<b>Frito Pie w/Beef&amp; Beans</b> Steamed Zucchini/Tomatoes Shredded Lettuce/Diced Tomato Shredded Cheese Fresh Pear	<b>Chinese Chicken Salad</b> w/Chicken, Chow Mein Noodles, Toasted Almonds, Green Onions, Cilantro, Sesame Seeds and Asian Sesame Ginger Dressing w Roll/Margarine Mandarin Oranges	<b>Hamburger Stroganoff</b> over Fettucine Steamed Italian Veggies Garden Salad w/LF Dressing Fruit Salad	<b>Stuffed Chicken Breast</b> Baked Sweet Potatoes Cauliflower Garden Salad w/LF Dressing Medium Banana	<b>Hamburger</b> Lettuce, Sliced Tomato Sliced Onion Baked Fries Steamed CA Blend Veggies Medium Apple
MONDAY 14*	TUESDAY 15*	WEDNESDAY 16	THURSDAY 17*	FRIDAY 18
<b>Chicken Bites w/BBQ Sauce</b> Potato Wedges Brussels Sprouts Cornbread Mixed Berries w/Topping	<b>RC Beef &amp; Cilantro RiceTaco</b> w/Shredded Lettuce, Cheese, and Tomato, Steamed Capri Veggies Chilled Pineapple Chunks	<b>Chicken Enchilada Wrap</b> <b>(Cold Wrap)</b> Red Pepper & Blk Bean Salad Celery Sticks w/Ranch Dressing Chilled Apricots	<b>Meatloaf</b> Mashed Potatoes & Gravy Island Blend veggies Garden Salad w/Italian Dressing WW Roll w/Margarine Medium Orange	<b>Waldorf Chicken Sandwich</b> w/Pecans, Cranberries, Celery and Romaine Lettuce. Coleslaw Fresh Fruit Peanut Butter Cookie
MONDAY 21*	TUESDAY 22*	WEDNESDAY 23*	THURSDAY 24*	FRIDAY 25
<b>Chili Mac Casserole</b> Steamed Mixed Veggies Garden Salad w/LF Dressing WW Roll w/Margarine Cantaloupe and Grapes	<b>Santa Fe Chicken</b> Corn and Black Beans Spanish Rice Medireranian Veggies Baked Apples	<b>Salisbury Steak w/Onion Gravy</b> Mashed Potatoes Steamed Carrots and Green Beans WW Roll w/Margarine Chilled Fruit Cocktail	<b>Cranberry Maple Chicken</b> Fresh Asparagus Beet and Onion Salad WW Roll w/Margarine Fresh Pear	<b>Fish Filet Sandwich</b> w/Cheese and Tartar Sauce Steamed CA Blend Veggies Coleslaw Medium Banana
MONDAY 28*	TUESDAY 29*	WEDNESDAY 30*	THURSDAY 31*	
<b>Tater Tot Casserole</b> w/Mixed Veggies Island Blend Veggies WW Bread w/Margarine Fresh Orange	<b>RC Bean Enchiladas</b> Spanish Rice Steamed Zucchini Fresh Fruit Oatmeal Raisin Cookie	<b>Orange Chicken</b> Brown Rice Stirfry Veggies Vegetable Egg Roll Chilled Pineapple Chunkjs	<b>4 Cheese Lasagna</b> Italian Blend Veggies Caesar Salad WW Roll w/Margarine Light NF Yogurt	1% L F Milk Served w/Each Meal Can Fruit in Light Syrup WW= Whole Wheat GC=Green Chili RC=Red Chili SF=Sugar Free HM = Honey Mustard

Final