



July 2026

<p>Senior Meal Suggested Donation Lunch \$2.00 Under 60 years \$6.00 Menu Subject to Change Meals Served: 11:30 am - 12:30 pm</p>	<p>1% L F Milk Served w/Each Meal Can Fruit in Light Syrup WW= Whole Wheat GC=Green Chili RC=Red Chili NAS=No Added Sugar HM = Honey Mustard</p>	<p>WEDNESDAY 1* Pork Loin with Au Jus Brown Rice Winter Blend Vegetables Green Salad w/LF Dressing Apple Slices Angel Cake w/ Berries</p>	<p>THURSDAY 2 All Beef Hot Dog Grilled Onions/Peppers Ranch Beans Coleslaw Cantaloupe Blueberry Yogurt</p>	<p>FRIDAY 3 HAPPY 4TH OF JULY ALL CENTERS CLOSED BE SAFE</p>
<p>MONDAY 6</p>	<p>TUESDAY 7</p>	<p>WEDNESDAY 8*</p>	<p>THURSDAY 9*</p>	<p>FRIDAY 10</p>
<p>Frito Pie Pinto Beans Calabacitas Shredded Lettuce & Tomato Onions & Cheese Peach Cobbler</p>	<p>Chinese Chicken Salad w/, Chow Mein Noodles, Toasted Almonds, Green Onions, Cilantro, Sesame Seeds and Asian Sesame Ginger Dressing w Roll/Margarine Mandarin Oranges</p>	<p>Hamburger Stroganoff Over Steamed Rice Steamed Italian Veggies Garden Salad w/LF Dressing Chilled Fruit Salad</p>	<p>Roasted Turkey w/Gravy Baked Sweet Potatoes Roasted Cauliflower Garden Salad w/LF Dressing Roll / Margarine Fresh Banana</p>	<p>Cheeseburger Lettuce, Sliced Tomato Sliced Onion Baked Garden Salsa Sun Chips Steamed CA Blend Veggies Fresh Apple</p>
<p>MONDAY 13*</p>	<p>TUESDAY 14*</p>	<p>WEDNESDAY 15</p>	<p>THURSDAY 16*</p>	<p>FRIDAY 17</p>
<p>Tempura Chicken Bites w/ BBQ Sauce Potato Wedges Brussels Sprouts WW Roll w/Margarine Chilled Fruit Cocktail</p>	<p>RC Beef & Bean Tacos on Warmed Corn Tortillas w/Shredded Lettuce, Cheese, and Tomato, Capri Blend Vegetables Chilled Pineapple Chunks</p>	<p>Cranberry Maple Chicken Asparagus Beet and Onion Salad Roll w/ Margarine Pears</p>	<p>Meatloaf Mashed Potatoes & Gravy Green Beans Garden Salad w/LF Dressing Roll w/Margarine Fresh Orange</p>	<p>Pork Posole w/ Red Chile Flour Tortilla Garden Salad w/ LF Dressing Lite Caesar Dressing and Mango Chunks</p>
<p>MONDAY 20*</p>	<p>TUESDAY 21*</p>	<p>WEDNESDAY 22*</p>	<p>THURSDAY 23*</p>	<p>FRIDAY 24</p>
<p>Chili Mac Steamed Mixed Veggies Garden Salad w/LF Dressing WW Roll w/Margarine Cantaloupe and Grapes</p>	<p>Santa Fe Chicken Corn and Black Beans Spanish Rice Mediterranean Veggies Chilled Fruit Salad</p>	<p>Salisbury Steak W/Mushroom Gravy Mashed Potatoes Steamed Carrot Coins WW Roll w/Margarine Strawberries & Bananas</p>	<p>Lemon Glazed Chicken Herbed Orzo Zucchini & Diced Tomatoes Garlic Toast Fresh Pear</p>	<p>Fish Filet Sandwich w/Cheese and Tartar Sauce Steamed CA Blend Veggies Coleslaw Apricots</p>
<p>MONDAY 27*</p>	<p>TUESDAY 28*</p>	<p>WEDNESDAY 29*</p>	<p>THURSDAY 30</p>	<p>Friday 31*</p>
<p>Tater Tot Casserole w/Mixed Veggies Garden Salad w/LF Dressing WW Bread w/Margarine Chilled Fruit Cocktail</p>	<p>RC Bean Enchiladas Lettuce & Tomato Calabacitas Seasoned Spinach w/ Garlic Honeydew Melon</p>	<p>BBQ Chicken Breast Collard Greens Three Bean Salad Cornbread Baked Spiced Pears</p>	<p>Senior Day at The Fair Sack Lunch with Chicken Salad Croissant Italian Pasta Salad, Coleslaw Fresh Watermelon & Cookie</p>	<p>Beef and Cheese Lasagna Italian Blend Veggies Caesar Salad Roll w/ Margarine Diced Peaches</p>