





JULY 2024

Menu subject to change

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Monday	Tuesday	Wednesday	Thursday	Friday
1 Krab cake, couscous, mixed veggies, carrot raisin salad, fruit	2 Meat loaf, mashed potatoes, mixed veggies, fruit	3  Chicken w/ B.B.Q. sauce, pasta salad, mixed veggies, fruit, dessert Happy Independence Day!!!	4 	5 Baked seasoned pork chop, mashed sweet potatoes, veggies, fruit
8 Crispy oven chicken, wild rice, green beans, broccoli raisin salad, fruit	9 Hamburger patty w/ bun, cheese, tomato & lettuce, wedge fries, veggies, fruit	10 Chicken cacciatore w/marinara sauce, onions, mushrooms, green & red bell peppers, green salad, fruit	11 Battered cod, white rice, mixed veggies, apple celery slaw, fruit	12 Vegetarian Spinach enchilada casserole, Spanish rice, corn, green salad w/ egg, fruit
15 Krab cake, brown rice, carrots, coleslaw, fruit	Vegetarian 16 Pizza w/ marinara sauce, cheese, tomato & more, mixed veggies, green salad, fruit	17 Seasoned meatballs, pasta, mixed veggies, tossed salad, fruit	18 Baked seasoned chicken, pasta salad, Swiss chard, green salad, fruit	19 Baked breaded cod, wild rice, roasted brussels sprouts, fruit
22 Baked chicken, baked potato, mixed veggies, fruit	23 Sloppy Joe (ground beef) w/ onions, celery & red bell peppers, bun, mixed veggies, fruit	24 Tuna sandwich w/ celery, tomato & onions on wheat bread, mixed veggies, carrot raisin salad, fruit	Vegetarian 25 Mac & cheese, mixed veggies, green salad, fruit	26 Teriyaki chicken, wild rice, mixed veggies, green salad, fruit 
29 Beef lasagna, corn, coleslaw, fruit	30 Baked breaded cod, brown rice, green beans, golden mandarin beet salad, fruit	31 Chicken pot pie, mixed veggies, green salad, fruit	<div style="border: 2px solid black; padding: 5px;"> <p>NUTRITION PROGRAM - The suggested contribution is \$3.00 for people 60 years and over. The meal cost is \$8.00 for people under 60 years old. Lunch is served from 11:45 a.m. to 12:15 p.m. Doors open 10:30 a.m. First come, first served.</p> <p> = Meal contains more than 1000mg sodium</p> </div>	

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