

# July 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
			Ham and Asparagus Bake	Sloppy Joe on Bun
			Mixed Vegetables	Peas
			Whole Wheat Dinner Roll	Potato Chips
			Honeydew	Spiced Apples
			Brickle Bar	Mandarin Oranges in Gelatin
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Taco Salad	Egg Salad Sandwich	Hamballs with Glaze	Macaroni and Cheese	Scalloped Potatoes & Turkey Ham
Salsa	Green Pepper Coleslaw	Baked Potato w/ Sour Cream	Broccoli Normandy	California Blend Vegetables
Fiesta Corn	Banana	Green Beans	Tropical Fruit	Cantaloupe
Peaches	Lemon Bar	Sweet Cherries	Pink Lady Salad	Banana Bar
Tapioca Pudding				
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Sliced Turkey on Wheat w/ Condiments	Hamburger Noodle Casserole	Oven Fried Chicken	Tuna Pattie	Steak & Brown Gravy
Tomato/Lettuce garnish	Lima Beans	Blackeye Pea Salad	Dill Potato	Mashed Potatoes
Broccoli Cheese Soup	Creamy Fruit Salad	Fresh Spinach Salad	Creamed Peas/Carrots	Zucchini & Tomatoes
Pasta Salad	Blueberry Pudding Dessert	Watermelon	1/2 Banana	Cinnamon Applesauce
Peaches			Cranberry Cake with Butter Sauce	Pumpkin Bar
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Pork Tenderloin	French Toast Bake	Italian Ranch Chicken	Hot Beef & Cheese Sandwich	Baked Fish Sandwich
Red Potatoes	Western Omelet	Mashed Sweet Potatoes	Broccoli	Asparagus
Coleslaw	Yogurt	California Vegetables	Scalloped Potatoes	Three Bean Salad
Strawberries	Banana Orange Salad	Pears & Cranberry Salad	Tropical Fruit	Spiced Apricots
Ice Cream				Pineapple Nut Delight
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Oriental Stir Fry	Chicken Alfredo	Polish Sausage on Bun	Lemon Pepper Fish	Porcupine Meatballs
Broccoli and Rice	Brussel Sprouts w/Cheese	Butter Beans	Sweet Potato	Steak Fries
Egg Roll	Whipped Fruit Salad	Carrot Raisin Salad	Corn on the Cob	Asparagus
Banana	Caramel Apple Crisp	Plums	Strawberries	Fruit & Cottage Cheese
			Gelatin Poke Cake	

\*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.

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