

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Meatballs w/gravy	Cook's Choice:	Chicken Salad Sandwich		
Mashed Potatoes	Hog Dog w/bun	Veggie Straws		
Diced Carrots	Baked Beans	Pasta Salad w/peas	4th of July	Holiday Weekend
Fruit Cocktail	Coleslaw	Apple	CLOSED	CLOSED
	Berry Crisp	Oatmeal Raisin Cookie		
8	9	10	11	12
Salisbury Steak w/ Gravy	Pizza Burger	Ranch Pork Loin	Glazed Ham Balls	Egg Salad Sandwich
Mashed Potatoes	Seasoned Potatoes	Sweet Potato Casserole	Texas Cheesy Potatoes	Cucumber/Onion Salad
Corn	Three Bean Salad	Cheesy Cauliflower	Green Bean Casserole	Carrots w/Ranch
Blueberries	Pineapple	Mixed Fruit	Peaches	Pistachio Salad
	Cookie			
15	16	17	18	19
Breaded Pork Fritter	Chicken & Rice Casserole	Chef's Choice Soup	Creamy Italian Chicken	Beef Burrito
Seasoned Potatoes	Capri Vegetables	Crackers	Buttered Fettucini Noodles	Tortilla Chips
Peas	Diced Peaches	Salad w/croutons	Broccoli	Salsa
Mandarin Oranges	Brownie	Strawberries	Applesauce	Pineapple
22	23	24	25	26
Salmon	Biscuits & Gravy	Maidrite on Bun	Spaghetti w/Meatballs	BBQ Pulled Pork
Potato Rings	Egg Casserole	Steak Fries	Garlic Bread	Baked Beans
Cascade Vegetables	Apple Bar	Celery Sticks w/Peanut Butter	Cottage Cheese & Apricots	Coleslaw
Diced Apricots	Banana Pudding	Fruit Cocktail	Peanut Butter Cookie	Mandarin Oranges
29	30	31		
Baked Fish	Garden Salad	Hamburger Mac &		
Garden Rice	w/Chicken Strips	Cheese Casserole		
Peas & Carrots	Croutons	Corn		
Berry Cup	Binky's Choice Dessert	Apple Crisp		
Cookie				

Stephanie Labenz MS, RD, LD
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AdultLife Community Center for Adults 60+ (515) 462-1334

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.
 Menus may change without notice due to supply availability from our food vendors.