





CONGREGATE MEAL MENU

				July 1
				
July 4	July 5	July 6	July 7	July 8
 SENIOR CENTERS CLOSED	BBQ Lean Beef with Low Sodium Sauce Whipped Potatoes Carrot Coins w/Parsley Wheat Bun Fruit Cocktail	Boneless Pork Loin with Gravy Lemon Potatoes Broccoli Florets Rye Bread Applesauce	Springs with Meatballs & Sauce Italian Green Beans Italian Bread Orange	Cod w/Creamy Dill Sauce Yams Italian Stewed Tomatoes Multi-Grain Bread Sliced Peaches Graham Crackers
July 11	July 12	July 13	July 14	July 15
Turkey with Gravy & Bread Stuffing Brussels Sprouts Orange Fig Newtons	Swiss Steak w/ Tomato-Onion Sauce Barley Broccoli & Cauliflower Florets Pears	Cabbage Roll with Ground Beef Whipped Potatoes Mixed Veggies Italian Bread Golden Delicious Apple	Coney Island Hot Dog with Sauce Mexican Mix veggies (corn, black beans, onions & red pepper) Hot Dog Bun Tangerine	4 Cheese Baked Ziti with Marinara Sauce Spinach Multi-Grain Roll Banana
July 18	July 19	July 20 Birthday Menu	July 21	July 22
Creole Chicken with Sauce Broccoli Florets Brown Rice Wheat Bread Pear Cuts	Pork Dijon with Sauce Whipped Potatoes Sliced Beets Honey Wheat Bread Orange	Italian Meatballs with Marinara Sauce Roasted Italian Red Potatoes Italian Green Beans Hot Dog Bun Fudge Brownie w/M&M's	Cod with Lemon Pepper Seasoning Macaroni & Cheese Stewed Tomatoes with Zucchini Rye Bread Banana	Open Face Meatloaf Sandwich with Gravy Scalloped Potatoes Carrots White Bread Pineapple Tidbits
July 25	July 26	July 27	July 28	July 29
Beef Tips w/Gravy Whipped Horseradish Potatoes Peas Wheat Bread Peach Cuts	Cod English style (w/bread crumbs) Au Gratin Potatoes Carrots Dinner Roll Macintosh Apple	Turkey Divan Broccoli Brown Rice Honey Wheat Bread Apricots Oatmeal Raisin Cookie	Rotini in Meat Sauce Yellow Beans with Mushrooms Italian Bread Orange	Chicken Breast w/Gravy Savory Potatoes Brussels Sprouts Multi-Grain Bread Fruit Cocktail

All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency.

Please be advised that food served July contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.