





Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			July 1 Meatballs w/Onions Gravy (3) 1/2 cup Parsley Noodles 1/2 cup Baby Carrots Whole Wheat Bread 1/2 cup Mandarin Oranges	July 2 Beef Hot Dog w/Sauerkraut (1/4 cup) 1/2 cup Potato Salad Hot Dog Roll 1/2 cup Tropical Fruit Salad (condiments)
July 5 	July 6 July Birthday's Hot Roast Turkey Sandwich w/ Gravy (1/2 cup) 1/2 cup Whipped Potatoes 1/2 cup Green Beans 2 White Bread "Birthday Cake"	July 7 Baked Meatloaf w/Gravy Baked Potato w/Sour Cream 1/2 cup Gingered Carrots Whole Wheat Bread 1/2 cup Cherry Crisp w/ Oatmeal Topping	July 8 Grilled Chicken Sandwich (1/4c. Lettuce, 1 Slice Tomato) 1 cup Cream of Broccoli Soup 1/2 cup Fresh Sweet & Sour Slaw Sandwich Roll 1/2 cup Fresh Melon	July 9 Potato Crusted Fish 1/2 cup Baked Macaroni & Cheese 1/2 cup Stewed Tomatoes 1/2 cup Fresh Spinach Salad w/Tomato & Dressing Rye Bread 1/2 cup Tapioca Pudding
July 12 Baked Pork Loin 1/2 cup Whipped Potatoes 1/2 cup Sauerkraut Multi Grain Bread 1 Graham Crackers (2-pack) 1/2 cup Applesauce	July 13 BBQ Chicken Breast 1/2 cup Cheesy Noodles 1/2 cup Summer Blend Medley Dinner Roll Fresh Orange Sugar Cookie	July 14 Baked Swiss Steak w/Mushroom Gravy 1/2 cup Scalloped Potatoes 1/2 cup Baked Cabbage Whole Wheat Bread Angel Food Cake w/ Strawberries 	July 15 Baked Crab Cake 3/4 cup Creamy Ranch Noodles 1/2 cup Zesty Spinach Multi-Grain Bread 1/2 cup Mandarin Oranges and Cherries	July 16 Turkey and Swiss Sandwich (2.5 oz. Turkey, 1/2 oz. Cheese) 1/4 cup Lettuce, 1 Slice Tomato 1 cup Cheesy Cauliflower Soup 1/2 cup Fresh Pepper Slaw 2 White Bread Saltines 1/2 cup Fruited Jello
July 19 Baked Porcupine Meatballs(2) w/Tomato Sauce 1/2 cup Whipped Potatoes 1/2 cup Italian Style Green Beans Dinner Roll 1/2 cup Fruit Cocktail Granola Bar 	July 20 Chef Salad (Ham, Turkey, Egg, and Cheese) 1 cup Tossed Salad w/Tomato, Onions, Carrots, and Dressing 1 cup Noodle Soup Italian Bread Saltines 1/2 cup Butterscotch Pudding	July 21 Picnic at Judy Sullivan's House	July 22 Baked Boneless Chicken Thigh w/ Gravy 1/2 cup Confetti Rice w/Carrots 1/2 cup Sweet Peas Whole Wheat Bread 1/2 cup Fresh Melon	July 23 Roast Beef w/Gravy 1/2 cup O'Brien Potatoes 1/2 cup Mixed Beans Medley Whole Wheat Bread Apple Crisp w/Oatmeal Topping
July 26 Batter Dipped Fish Sandwich 1/2 cup Scalloped Potatoes 1/2 cup Broccoli and Cauliflower Wheat Sandwich Roll 1/2 cup Lime Frosted Pears	July 27 1 cup White Chili 1/2 cup Tossed Salad w/Tomato, Onions, Carrot, Croutons, Cucumbers, and Dressing 1/2 cup White Rise Cornbread Square 1/2 cup Plums	July 28 BBQ Pulled Pork Sandwich (1/2 cup) 1/2 cup Baked Beans 1/2 cup Frosty Apple Juice Wheat Sandwich Roll 1/2 cup Vanilla Pudding	July 29 Baked Seafood Casserole (3/4 cup) 1/2 cup Capri Blend Medley 1/2 cup Rice Pilaf Whole Wheat Bread 1/2 cup Pineapple Tidbits and Mandarin Oranges	July 30 1 cup Baked Cabbage Roll Casserole 1/2 cup Whipped Potatoes 1/2 cup Sweet Peas and Carrots Multi-Grain Bread Fresh Banana