



| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| 2<br>Spinach salad with hard cooked egg, cheese, water chestnuts, mandarin oranges and dressing<br>Breadstick<br>Pears | 3<br>Confetti salad<br>Oven "fried" chicken<br>Baked beans<br>Cornbread<br>Watermelon               | 4<br><b>4<sup>th</sup> of July</b>  | 5<br>Coleslaw<br>Bbq pork sandwich on ww bun<br>Sweet potato fries<br>Pineapple                    | 6<br>Tossed salad<br>Beef lasagna<br>Bread sticks<br>Seasonal fresh fruit      |
| 9<br>Pickled beet salad<br>Soup<br>Egg salad sandwich<br>Peaches   | 10<br>Sloppy Joe on ww bun<br>Baked beans<br>Potato salad<br>Tropical fruit                         | 11<br>Fish taco with shredded cabbage, tomato, cheese and salsa<br>Rancho beans<br>Mandarin oranges | 12<br>Broccoli salad<br>Chicken Caesar wrap<br>Chips<br>Seasonal fresh fruit                       | 13<br>Asian slaw<br>Teriyaki chicken<br>Rice<br>Asian vegetables<br>Pineapple  |
| 16<br>Tossed salad<br>Chili in tortilla bowl with cheese and onion<br>Fruit Cocktail                                   | 17<br>Carrot raisin salad<br>Turkey cranberry wrap<br>Pears   | 18<br>Dijon chicken<br>Apricot ginger couscous<br>Broccoli<br>Seasonal fresh fruit                  | 19<br>Hearty bean soup<br>Tuna stuffed tomato<br>Rustic roll<br>Applesauce                         | 20<br>Meatloaf<br>Scalloped potatoes<br>Peas & carrots<br>Seasonal fresh fruit |
| 23<br>Tossed salad<br>Eggplant Parmesan<br>Spaghetti/ marinara sauce<br>Capri vegetables<br>Sherbet                    | 24<br>Dilled cucumber salad<br>Lemon pepper pollock<br>Baked potato<br>Brussels sprouts<br>Apricots | 25<br>Taco salad with beef, cheese, rancho beans, chips, salsa and sour cream<br>Pineapple<br>Flan  | 26<br>Tossed salad<br>Salisbury steak<br>Mashed potatoes<br>Dilled carrots<br>Seasonal fresh fruit | 27<br>Broccoli salad<br>Chicken ala king in bread bowl<br>Zucchini<br>Peaches  |
| 30<br>Soup<br>Pizza with veggies<br>Seasonal fresh fruit<br>Cookie   | 31<br>Pea and cheese salad<br>Hot seafood sandwich<br>Potato wedges<br>Pears                        |   |  |  |

1% milk, roll or bread, and fortified margarine are available with all meals. *All fresh produce is subject to availability. Substitutions may be made without notice.* Suggested meal donation for eligible persons is \$3.00. For non-eligible persons, cost is \$7.50 per meal

