

Senior Café and Meals on Wheels

July

2024

1-Jul		2-Jul		3-Jul		4-Jul		5-Jul	
Serving Size	<u>Salisbury Steak</u>	Serving Size	<u>Tuna Salad</u>	Serving Size	<u>Cheeseburger Mac Bowl</u>	No Meals Independence Day Holiday		Serving Size	<u>Penne Bolognese</u>
8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk			8 oz	Low Fat Chocolate Milk
1 ea	Pineapple Cup	1 ea	Raisins					1 ea	Orange Cup
3/4 cup	Herbed Green Pea	3/4 cup	Marinated Carrots & Peppers	3/4 cup	Yellow Squash			3/4 cup	Marinara with Mushrooms
2 oz	Whole Grain Dinner Roll	1 cup	Pasta Salad	1 cup	Whole Grain Macaroni			1 cup	Whole Grain Penne
2.1 oz	Salisbury Steak Patty	3 oz	Tuna Salad	2 oz	Ground Beef			3 oz	Beef Bolognese
1 oz	Gravy			3 oz	Cheese Sauce				
1 ea	Butter Cup								

8-Jul		9-Jul		10-Jul		11-Jul		12-Jul	
Serving Size	<u>Spaghetti & Meatballs</u>	Serving Size	<u>Open Faced Egg Salad Sandwich</u>	Serving Size	<u>Black Beans & Yellow Rice</u>	Serving Size	<u>Turkey Chili</u>	Serving Size	<u>Mojo Citrus Chicken</u>
8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk
1 ea	Applesauce	1 ea	Papaya & Mango Cup	1 ea	Raisins	1 ea	Applesauce	1 ea	Raisins
3/4 cup	Steamed Carrots	1/2 cup	Peach Cobbler	3/4 cup	Peppers & Onions	3/4 cup	Cauliflower	3/4 cup	Citrus Infused Green Pea
1 cup	Whole Grain Spaghetti	1 oz	Granola	1 cup	Yellow Rice	1 cup	Steamed Barley	1 cup	Brown Rice Pilaf
		1 oz	Wheat Bread						
2 oz	Beef Meatballs	3 oz	Egg Salad	1/2 cup	Black Bean Stew	3 oz	Turkey Chili	3oz	Mojo Infused Chicken
3 oz	Marinara								

15-Jul		16-Jul		17-Jul		18-Jul		19-Jul	
Serving Size	<u>Red Beans & Dirty Rice</u>	Serving Size	<u>Turkey & Swiss Sandwich</u>	Serving Size	<u>Roast Pork & Teriyaki Soba</u>	Serving Size	<u>Chicken & Broccoli</u>	Serving Size	<u>Lentil Sloppy Joe</u>
8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk
1 ea	Orange Cup	1 ea	Pineapple Cup	1 ea	Papaya & Mango Cup	1 ea	Raisins	1 ea	Applesauce
3/4 cup	Steamed Spinach	3/4 cup	Coleslaw	3/4 cup	Snow Pea & Bell Pepper	3/4 cup	Broccoli	3/4 cup	Mustard Chow Chow
1 cup	Dirty Rice	2 oz	Wheat Bread	1 cup	Teriyaki Soba Noodles	1 oz	Whole Grain Dinner Roll	2 oz	Whole Grain Bun
						1/2 cup	Brown Rice Pilaf		
1/2 cup	Red Bean Stew	2 oz	Sliced Turkey Breast	2 oz	Roast Pork Loin	2 oz	Chicken Breast	3/4 cup	Lentils in Tomato sauce
		1 ea	Swiss						
		1 ea	Mustard Packet						
		1 ea	Mayonnaise Packet						

22-Jul		23-Jul		24-Jul		25-Jul		26-Jul	
Serving Size	<u>Chicken Pot Pie</u>	Serving Size	<u>Mexican Pasta Salad</u>	Serving Size	<u>Chicken Parmesan</u>	Serving Size	<u>Turkey Shepherd's Pie</u>	Serving Size	<u>Chicken Fajita Bowl</u>
8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk
1 ea	Pear Cup	1 ea	Papaya & Mango Cup	1 ea	Orange Cup			1 ea	Pineapple Cup
3/4 cup	Green Bean Medley	3/4 cup	Chopped Peppers & Corn	3/4 cup	Marinara	3/4 cup	Mixed Vegetables with Corn	3/4 cup	Pinto Bean Stew
2 oz	Whole Grain Biscuit	1 cup	Cilantro Whole Grain Pasta Salad	1 cup	Whole Grain Spaghetti	1 cup	Mashed Potatoes	1 cup	White Rice with Peppers
3 oz	Chicken Breast in Gravy	1/2 cup	Marinated Black Beans	3 oz	Chicken Patty	3 oz	Turkey in gravy	2 oz	Chicken Breast
				0.5 oz	Mozzarella				