






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Menu A - Home-Delivered Meals</b> <b>**Menu B - Senior Centers Only**</b>				<b>1 Independence Day! 2</b> <b>A:</b> Beef Hot Dog <b>B:</b> Smoked Sausage Tossed Salad Roasted Potatoes Hot Dog Bun Peach Crisp
 This meal is high in sodium See back of menu for nutrition information. 	<b>Suggested meal donation • \$3.00</b>			
<b>5 INDEPENDENCE DAY HOLIDAY!</b> <b>ALL CENTERS CLOSED</b>  <b>NO MEAL DELIVERY</b>	<b>6</b> <b>A:</b> Loaded Potato Casserole <b>B:</b> Buffalo Chicken Pasta Whole Kernel Corn Stewed Tomatoes Wheat Bread Pineapple Tidbits	<b>7</b> <b>A:</b> Beef Jardine <b>B:</b> Turkey Pot Roast with Gravy Rice Pilaf Mixed Vegetables Texas Bread Cherry Craisins	<b>8</b> <b>A:</b> Egg Salad <b>B:</b> Turkey Breast & Swiss Cheese Lettuce/Tomato/Onion Three Bean Salad Whole Grain Hamburger Bun Fresh Fruit	<b>9</b> <b>A:</b> Sesame Mustard Chicken <b>B:</b> Mu Shu Pork Sugar Snap Peas Glazed Carrots Wheat Bread Creamsicle Pudding *Diet - Vanilla Pudding
<b>12</b> <b>A:</b> Marinara Turkey Meatballs <b>B:</b> Polish Sausage with Sauerkraut Twice Whipped Potatoes Broccoli Hot Dog Bun Fresh Fruit	<b>13</b> <b>A:</b> Hamburger Patty <b>B:</b> Shredded BBQ Pork Lettuce/Tomato/Onion Baked Beans Whole Grain Hamburger Bun Hot Spiced Peaches	<b>14 Birthday Day!</b> <b>A:</b> Oven Fried Chicken <b>B:</b> Roast Beef with Gravy Whipped Potatoes with Gravy Green Peas with Onions Wheat Roll Brownie and Sherbet *Diet-Brownie and Sherbet	<b>15</b> <b>A:</b> Sloppy Joe <b>B:</b> Breaded Chicken Patty Sliced Beets Green Beans Whole Grain Hamburger Bun Fresh Fruit	<b>16</b> <b>A:</b> Potato Crusted Fish <b>B:</b> Liver and Onions Macaroni and Cheese Caribbean Vegetables Wheat Bread Lime Gelatin *Diet - Gelatin
<b>19</b> <b>A:</b> Salisbury Beef w/Onion Gravy <b>B:</b> Mushroom Chicken Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit	<b>20</b> <b>A:</b> Glazed Turkey Ham <b>B:</b> Herbed Pork Loin Lentils Country Tomatoes Dinner Roll Fruited Cherry Gelatin *Diet - Fruited Gelatin	<b>21</b> <b>A:</b> Fish Nuggets <b>B:</b> BBQ Chicken Corn Casserole Green Beans Wheat Bread Butterscotch Pudding *Diet - Vanilla Pudding	<b>22</b> <b>A:</b> Beef Enchilada Pie <b>B:</b> Chicken Quesadilla Casserole Black Beans Steamed Cauliflower Cinnamon Sugar Cookie *Diet - Graham Crackers	<b>23</b> <b>A:</b> Italian Shells and Cheese <b>B:</b> Beef Spaghetti Casserole Tossed Salad Sliced Carrots Wheat Bread Peach Crisp
<b>26</b> <b>A:</b> Fajita Chicken <b>B:</b> Pork Carnitas Pinto Beans Mexican Rice with Corn Flour Tortilla Fresh Fruit	<b>27</b> <b>A:</b> Tomato Swiss Steak <b>B:</b> Creamy Paprika Chicken Garlic Parmesan Potatoes Green Beans Wheat Bread Fruited Orange Gelatin *Diet - Fruited Gelatin	<b>28</b> <b>A:</b> Turkey Breast with Gravy <b>B:</b> Onion Pork Loin Sweet Potato Casserole Green Peas Wheat Roll Chocolate Chip Cookie *Diet - Vanilla Wafers	<b>29</b> <b>A:</b> Cheeseburger Macaroni <b>B:</b> Tuna Tetrizzini Stewed Tomatoes Broccoli Texas Bread Fresh Fruit	<b>30</b> <b>A:</b> Honey Mustard Chicken Tenders <b>B:</b> Beef with Peppered Gravy Roasted Potatoes Capri Vegetables Wheat Bread Oatmeal Cream Cookie