

MONDAY	TUESDAY	WEDNESDAY		THURSDAY		FRIDAY
<b>Menu A - Home-Delivered Meals</b> <b>**Menu B - Senior Centers Only**</b>		JULY	Calories Weekly Average	Carbohydrates Weekly Average	Sodium Weekly Average	<b>Independence Day Meal</b> <u>1</u> <b>A:</b> BBQ Chicken <b>B:</b> BBQ Shredded Pork Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Peach Compote
		Week 1	684	95.3	999	
		Week 2	676	87.6	974	
		Week 3	730	100.7	998	
		Week 4	696	90.3	980	
		Daily Standard		100 grams	800-1000 mg	
Targeted Daily	650-750					
<b>INDEPENDENCE DAY HOLIDAY!</b> <b>ALL CENTERS CLOSED</b> <b>NO MEAL DELIVERY</b>	<b>Suggested meal donation • \$3.00</b>	<b>4</b> <b>A:</b> Tomato Swiss Steak <b>B:</b> Creamy Paprika Chicken Garlic and Parmesan Potatoes Green Beans Wheat Bread Oatmeal Cream Cookie	<b>5</b> <b>A:</b> Turkey Breast with Gravy <b>B:</b> Onion Pork Loin Sweet Potato Puffs Green Peas Wheat Roll Brownie *Diet - Brownie	<b>6</b> <b>A:</b> Honey Mustard Breaded Chicken <b>B:</b> Beef with Peppered Gravy Whipped Potatoes Capri Vegetables Wheat Bread Fruited Orange Gelatin *Diet - Fruited Gelatin	<b>7</b> <b>A:</b> Cheeseburger Macaroni <b>B:</b> Tuna Tetrazzini Stewed Tomatoes Broccoli Texas Bread Fresh Fruit	<b>8</b>
<b>11</b> <b>A:</b> Sloppy Joe <b>B:</b> Battered Pollock Glazed Beets Green Beans Hamburger Bun Fudge Cookie	<b>12</b> <b>A:</b> Beef Hot Dog <b>B:</b> Polish Sausage with Sauerkraut Roasted Potatoes Sliced Carrots Hot Dog Bun Fresh Fruit	<b>Birthday Day!</b> <b>13</b> <b>A:</b> Oven Fried Chicken <b>B:</b> Roast Beef with Gravy Whipped Potatoes with Gravy Green Peas with Onions Wheat Roll Sherbet	<b>14</b> <b>A:</b> Creole Beef Steak <b>B:</b> Creamy Cajun Pork Loin Northern Beans Catalina Vegetables Wheat Bread Graham Crackers	<b>15</b> <b>A:</b> Chicken Divan <b>B:</b> Liver and Onions Rice Mixed Vegetables Wheat Bread Lime Gelatin *Diet - Gelatin	<b>15</b>	
<b>18</b> <b>A:</b> Chicken Parmesan <b>B:</b> Eggplant Parmesan Rotini Pasta Italian Green Beans Texas Bread Raisins	<b>19</b> <b>A:</b> Hamburger Patty <b>B:</b> Hot Ham and Cheese Lettuce/Tomato/Onion Baked Beans Hamburger Bun Hot Cinnamon Applesauce	<b>20</b> <b>A:</b> Chicken and Noodles <b>B:</b> Beef Stroganoff Chuckwagon Corn Spring Vegetables Wheat Bread Chocolate Pie Parfait *Diet - Chocolate Pudding	<b>21</b> <b>A:</b> Brown Sugar Chopped Steak <b>B:</b> Pork Loin with Country Gravy Whipped Potatoes Okra and Tomatoes Cornbread Muffin Diced Pears	<b>22</b> <b>A:</b> Baked Chicken with Gravy <b>B:</b> Beef Burgundy Macaroni and Cheese Green Peas Multigrain Bread Fresh Fruit	<b>22</b>	
<b>25</b> <b>A:</b> Salisbury Beef with Onion Gravy <b>B:</b> Mushroom Chicken Whipped Potatoes Mixed Vegetables Texas Bread Fresh Fruit	<b>26</b> <b>A:</b> BBQ Chicken <b>B:</b> Fish Almandine Whole Kernel Corn Green Beans Wheat Bread Fudge Cream Cookie	<b>27</b> <b>A:</b> Chimichurri Turkey Breast <b>B:</b> Herbed Pork Loin Confetti Rice Country Tomatoes Multigrain Bread Creamsicle Pudding *Diet - Vanilla Pudding	<b>28</b> <b>A:</b> King Ranch Chicken Casserole <b>B:</b> Beef Enchilada Pie Black Beans Steamed Cauliflower Cinnamon Sugar Cookie *Diet - Graham Crackers	<b>29</b> <b>A:</b> Italian Shells and Cheese <b>B:</b> Beef Spaghetti Sliced Carrots Tossed Salad Wheat Bread Peach Crisp	<b>29</b>	