

July 2023

Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
3 Krab cake, couscous, mixed veggies, carrot raisin salad, fruit	4 CLOSED 	5 Chicken w/ B.B.Q. sauce, pasta salad, mixed veggies, fruit	6 Meat loaf, mashed potatoes, corn, fruit	7 Baked seasoned pork chop, mashed sweet potatoes, cauliflower, fruit
10 Crispy oven chicken, wild rice, broccoli raisin salad, fruit	11 Meatloaf w/ brown gravy, mashed potatoes, peas & carrots, fruit	12 Chicken cacciatore w/ marinara sauce, onion, green bell peppers, & mushrooms, pasta, green salad, fruit	13 Breaded cod, white rice, mixed veggies, apple celery slaw, fruit	14 Spinach enchilada casserole, Spanish rice, corn, green salad, fruit
17 Krab cake, brown rice, honey glazed carrots, coleslaw, fruit	18 Vegetarian pizza w/marinara sauce, cheese, onions, & tomato, mixed veggies, green salad, fruit	19 Seasoned meatball, pasta, mixed veggies, green salad, fruit	20 Baked seasoned chicken, pasta salad, Swiss chard, green salad, fruit	21 Baked breaded cod, wild rice, roasted brussels sprouts, spinach, fruit
24 Baked chicken, baked potato, peas & carrots, fruit	25 Sloppy Joe- beef, onions, celery, & red bell peppers, sesame seed bun, mixed veggies, fruit	26 Tuna sandwich w/ celery, tomatoes & onions, carrot raisin salad, fruit	27 Vegetarian Mac & cheese, mixed veggies, green salad, fruit	28 Teriyaki chicken, wild rice, mixed veggies, green salad, fruit
31 Lasagna w/ beef, marinara sauce, cheese, corn, coleslaw, fruit		 Tuesday, July 11	NUTRITION PROGRAM - The suggested contribution is \$3.00 for people 60 years and over. The meal cost is \$8.00 for people under 60 years old. Lunch is served from 11:45 a.m. to 12:15 p.m. Doors open 10:30 a.m. First come, first served.  = Meal contains more than 1000mg sodium	

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