

# July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>NO MEAL SERVICE AVAILABLE</b></p>	<p>4</p> <p>CLOSED FOR THE HOLIDAY</p> 	<p>5</p> <p>CLASSIC LASAGNA W/ MEAT SAUCE w/SQUASH MEDLEY ITALIAN GREEN BEANS&gt;WHOLE WHEAT BREAD CHILLED PEARS</p>	<p>6</p> <p>SURIMI CRAB SALAD MIXED SALAD GREENS W/TOMATO WEDGES &amp; DILLED CUCUMBERS WHOLE WHEAT BREAD APPLE CRISP</p>	<p>7</p> <p>HOT DOG TWICE BAKE POTATO CASSEROLE PEAS &amp; CARROTS WHEAT HOT DOG BUN BANANA</p>
<p>10</p> <p>BBQ RIBLET SWEET POTATO MASHED CHEF'S VEGETABLE WHEAT SANDWICH BUN STRAWBERRY YOGURT</p>	<p>11</p> <p>HAMBURGER BEAN CASSEROLE MIXED VEGETABLE WHEAT SANDWICH BUN FRUIT SUNBURST FRESH MELON</p>	<p>12</p> <p>BLT CHICKEN SALAD MIXED SALAD GREENS W/ TOMATO WEDGES TRI-BEAN SALAD CRACKERS MANDARIN ORANGES</p>	<p>13</p> <p>SPAGHETTI &amp; MEATBALLS W/ MARINARA SAUCE CAPRI BLEND VEGETABLES WHEAT VIENNA BREAD CHILLED PEARS</p>	<p>14</p> <p>HERBED BAKED CHICKEN MASHED POTATOES/ GRAVY GREEN BEAN CASSEROLE BRAN MUFFIN BREAD WHOLE APPLE</p>
<p>17</p> <p>BAKED MEATLOAF W/ COUNTRY GRAVY W/ MASHED POTATOES STEWED TOMATOES WHOLE WHEAT BREAD WHOLE ORANGE</p>	<p>18</p> <p>EGGS W/ BISCUIT &amp; GRAVY DICED HASH BROWNS APPLE COBBLER JUICE BANANA</p>	<p>19</p> <p>SLOW ROASTED BEEF AU GRATIN POTATOES CARROTS &amp; CHIVES MULTI - GRAIN DINNER ROLL MIXED FRUIT</p>	<p>20</p> <p>ASIAN GLAZED CHICKEN W/CITRUS BROWN RICE ORIENTAL BLEND VEGETABLE GINGER BROCCOLI SALAD MULTI GRAIN BREAD /FORTUNE COOKIE MANDARIN ORANGE JELLO</p>	<p>21</p> <p>TURKEY PASTA SALAD W/SHELL RIGATE LETTUCE/ TOMATO TRI-BEAN SALAD WHOLE WHEAT BREAD PINEAPPLE TID BITS</p>
<p>24</p> <p>PRIME RIB OF PORK BAKED POTATO PARSLIED CAULIFLOWER RYE BREAD MIXED FRUIT</p>	<p>25</p> <p>ITALIAN SAUSAGE/MARINARA SCALLOPED POTATOES BRUSSELS SPROUTS WHEAT SAUSAGE BUN JUICE</p>	<p>26</p> <p>BBQ PULLED CHICKEN CHEESY MASHED POTATO BROCCOLI WHEAT SANDWICH BUN CHILLED PEARS</p>	<p>27</p> <p>DILLED TUNA SALAD SANDWICH LETTUCE AND TOMATO GARBANZO &amp; KIDNEY BEAN W/ SLIVERED CARROTS BALSAMIC WHEAT KAISER FRUIT CUP&amp; BANANA</p>	<p>28</p> <p>CHICKEN MARBELLA RICE FLORENTINE COUNTRY BLEND WHOLE WHEAT BREAD WHOLE ORANGE</p>
<p>31</p> <p>KIELBASA DILLED BABY RED POTATOES BEAN CASSEROLE RYE BREAD FRUIT CUP</p>			<p><b>The City of Evanston does not discriminate in admission to programs, activities or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the US Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination in Employment Act; and the US and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint. Funds (in whole/part) for this publication were provided through an award from Age Options through grants from the Illinois Department on Aging and/or Administration on Aging, US Department of Health and Human Services under Title III of the Older Americans Act.</b></p>	