


July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 CHICKEN ALA ORANGE VEGATABLE RICE PILAF NORTHERN BEANS BRAN MUFFIN BREAD CHILLED PEACHES</p>	<p>2 FRENCH DIP OF BEEF W/ MUSHROOMS AND ONIONS OVEN FRIES CORN WHEAT FRENCH ROLL WHOLE APPLE CHEF CHOICE</p>	<p>3 CLASSIC LASAGNA W/ MEAT SAUCE SQUASH MEDLEY ITALIAN GREEN BEANS WHOLE WHEAT BREAD CHILLED PEARS</p>	<p>4</p> 	<p>5 HOT DOG TWICE BAKE POTATO CASSE- ROLE PEAS AND CARROTS WHEAT HOT DOG BUN BANANA *pulled pork w/ light bbq sauce</p>
<p>8 BBQ RIBLET SWEET POTATO MASHED CHEFS VEGATBLE WHEAT SANDWICH BUN STRAWBERRY YOGURT *low sodium sauce</p>	<p>9 HAMBURGER BEAN CASSEROLE MIXED VEGETABLE WHEAT SANDWHICH BUN FRUIT SUNBURST FRESH MELON *white beans</p>	<p>10 BLT CHICKEN SALAD MIXED SALAD AND GREENS W/ TOMATO WEDGES TRI-BEAN SALAD CORN BREAD MANDARIN ORANGES *no bacon</p>	<p>11 SPAGHETTI AND MEATBALLS W/ MARINARA SAUCE CAPRI BLEND VEGETABLES WHEAT VIENNA BREAD CHILLED PEARS *diabetic sub</p>	<p>12 HERBED BAKED CHICKEN MASHED POTATOS W/ GRAVY GFEEN BEAN CASSEROLE BRAN MUFFIN BREAD WHOLE APPLE</p>
<p>15 BAKED MEATLOAF W/ COUNTRY GRAVY MASHED POTATOES STEWED TOMATOES WHOLE WHEAT BREAD WHOLE ORANGE</p>	<p>16 EGGS BISCUITS AND GRAVY DICED HASH BROWNS APPLE COBBLER JUICE BANANA</p>	<p>17 SLOW ROASTED BEEF AU GRATIN POTATOES CARROTS & CHIVES MULTI - GRAIN DINNER ROLL MIXED FRUIT</p>	<p>18 ASIAN GLAZED CHICKEN CITRUS BROWN RICE BROCCOLI MULTI GRAIN BREAD MANDARIN ORANGE JELLO FORTUNE COOKIE *diabetic sub</p>	<p>19 TURKEY PASTA SALAD W/SHELL RIGATE LETTUCE/ TOMATO TRI-BEAN SALAD WHOLE WHEAT BREAD PINEAPPLE TID BITS</p>
<p>22 PRIME RIB OF PORK BAKED POTATO PARSLIED CAULIFLOWER RYE BREAD MIXED FRUIT</p>	<p>23 ITALIAN SAUSAGE/MARINARA SCALLOPED POTATOES BRUSSELS SPROUTS WHEAT SAUSAGE BUN JUICE FRESH MELON *Italian ground pork marinara</p>	<p>24 BBQ PULLED CHICKEN CHEESY MASHED POTATO BROCCOLI WHEAT SANDWHICH BUN CHILLED PEARS</p>	<p>25 DILLED TUNA SALAD SANDWHICH LETTUCE AND TOMATO GARBANZO AND KIDNEY BEANS SLIVERED CARROTS BALSAMIC WHEAT KAISER BANANA FRUIT CUP</p>	<p>26 CHICKEN MARBELLA RICE FLORENTINE COUNTRY BLEND WHOLE WHAT BREAD WHOLE ORANGE</p>
<p>29 KELBASA DILLED POTATOES BEAN CASSEROLE RYE BREAD FRUIT CUP *low sodium Italian pork</p>	<p>30 CHICKEN W/ GARDEN ROTINI PASTA SALAD MIXED SALAD GREENS HERBED TOMATO WEDGES MULTI-GRAIN BREAD PINEAPPLE TID BITS CHEF CHOICE</p>	<p>31 EGGS LORRAINE POTATOES O'BRIEN FRUIT CUP BLUEBERRY MUFFIN WHOLE ORANGE</p>	<p>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.</p>	