Senior Nutrition Program July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Hamburger Jo Jo's Fr. Orange Coleslaw
4 Closed for the Holiday	5 Spaghetti & Meatballs Mixed vegetables Mixed Fruit	6 Vegetarian Black bean Enchilada Casserole Mixed greens salad Peaches	**7** Site Choice Chicken Apple Sausage Roasted Root Veggies Brussel sprouts Fruit	8 Tuna salad on Mixed greens Tomato wedges Whole wheat dinner roll Fresh Fruit
11 Barbecue Chicken Baked Beans Mac & Cheese Apples	12 Site Choice Asian Beef & Noodle Stir Fry Stir Fry Veggies Fresh Oranges Slices	13 Coconut Curried Chicken Jasmine Rice Asian Veggies Fresh Apple Slices	14 Chicken Fried Steak Mashed Potatoes Veggies Fruit	15 Fish Taco w. Avocado Crema Lime Rice Pilaf Lemon/Cilantro Coleslaw Pico de Gallo Fruit
18 Salisbury Steak Mashed Potatoes & Gravy Green Beans Pear	19 Honey Lime Chicken Garlicky Rice Corn & Black Bean Veggies Apricot	20 Pork Chop Mashed Potatoes & Gravy Broccoli Spiced Apple Slices	21 Site Choice Summer Pistou Soup Whole wheat dinner Roll Fresh Fruit	25 Asian Chicken Salad Mandarin oranges Whole wheat dinner roll
25 Site Potato Crusted Fish Cheesy Broccoli Wild Rice Fruit	26 Summer Corn, Zucchini and white bean Soup Side salad Whole wheat dinner roll Fresh Oranges	27 Choice Sloppy Joes Broccoli Slaw Oven Fries Fresh Fruit	28 Bratwurst Sauerkraut Mashed Potatoes Onion Gravy Apples	29 Marinated Pasta Salad Mixed Salad Cantaloupe

Menu Subject to change. Our meals are low sodium and prepared with diabetic diets in mind.