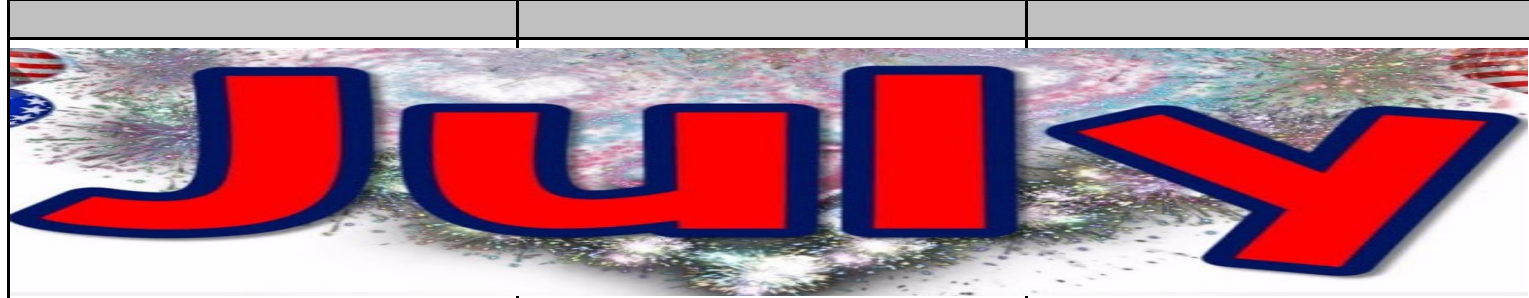









July 2022

		<p><b>1 - Friday</b></p> <p><b>BBQ Bonanza</b> BBQ Chicken &amp; Pork Ranch Style Beans Corn on the Cob Biscuit Cake</p>		
		<p><i>1% Low Fat Milk Served Daily Chocolate Milk Served on Fridays</i></p> <p><i>Suggested Donation: \$2.50</i></p> <p><i>Menu Subject to Change</i></p>		
<p><b>4 - Monday</b></p> <p><b>HAPPY 4th of July</b></p>	<p><b>5 - Tuesday</b></p> <p><b>Salisbury Steak</b> Mashed Potatoes Mixed Vegetables WW Roll Apricots</p>	<p><b>6 - Wednesday</b></p> <p><b>BBQ Drumsticks</b> Macaroni Salad Baked Beans WW Roll Peaches</p> 	<p><b>7 - Thursday</b></p> <p><b>Pepper Steak</b> Steamed Rice Broccoli Mandarin Oranges</p>	<p><b>8 - Friday</b></p> <p><b>Sloppy Joe</b> Diced Onion &amp; Pickles Island Mixed Vegetables French Fries Mixed Fruit</p>
<p><b>11 - Monday</b></p> <p><b>Baked Pork Chop</b> Baked Potato Grilled Zucchini Biscuit Applesauce</p>	<p><b>12 - Tuesday</b></p> <p><b>Country Fried Steak</b> Mashed Potatoes w/ Gravy Chuck Wagon Vegetables WW Roll Fruit Cocktail</p> 	<p><b>13 - Wednesday</b></p> <p><b>Chicken Parmesan w/ Spaghetti</b> Mixed Vegetables Garlic Bread Pears</p>	<p><b>14 - Thursday</b></p> <p><b>Meatloaf w/ Gravy</b> Carrot Raisin Salad Mashed Potatoes Capri Mixed Vegetables WW Roll Peach Cobbler</p>	<p><b>15 - Friday</b></p> <p><b>Beef Stroganoff</b> Egg Noodles Peas Mandarin Oranges</p> 
<p><b>18 - Monday</b></p> <p><b>Steak Ranchero</b> Ranch Style Beans Corn &amp; Cilantro Salad Flour Tortilla Pears</p> 	<p><b>19 - Tuesday</b></p> <p><b>Green Chile Chicken Enchiladas</b> Lettuce &amp; Tomato Pinto Beans Spanish Rice Apricots</p>	<p><b>20 - Wednesday</b></p> <p><b>Baked Fish</b> Rice Pilaf Coleslaw Mixed Vegetables Hush Puppy Spice Cake</p> 	<p><b>21 - Thursday</b></p> <p><b>Stuffed Chicken Breast</b> Baked Sweet Potato Capri Mixed Vegetables WW Roll Plums</p>	<p><b>22 - Friday</b></p> <p><b>Soft Beef Tacos</b> Lettuce, Tomato &amp; Salsa Pinto Beans Spanish Rice Mixed Fruit</p>
<p><b>25 - Monday</b></p> <p><b>Swiss Steak</b> Potato Wedges Roasted Brussel Sprouts WW Roll Pineapple Bits</p>	<p><b>26 - Tuesday</b></p> <p><b>Red Chile Beef Enchiladas</b> Lettuce &amp; Tomato Pinto Beans Crackers Plums</p> 	<p><b>27 - Wednesday</b></p> <p><b>Hawaiian Pork</b> Steamed Rice Oriental Vegetables Mandarin Oranges</p>	<p><b>28 - Thursday</b></p> <p><b>Spaghetti w/ Meat Sauce</b> Capri Vegetables Garlic Bread Strawberries &amp; Vanilla Wafers</p>	<p><b>29 - Friday</b></p> <p><b>Green Chile Cheeseburger</b> Baked Beans Pasta Salad Peaches</p> 

**Congregate Lunch 11 am-12:30 pm**  
**Grab and Go Lunch Served 11:30 am - 12:30 pm**

*\*Our monthly menus are verified by a dietician in order to ensure that nutritional standards are met.\**