

Print 75				
Menus are subject to change without prior notice				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Pasta Pomodoro Spinach** Pears Garlic Bread Juice/Milk	2 Frito Pie Casserole Chuckwagon Corn <u>Tropical Fruit</u> Milk	3 BBQ Pulled Chicken Pasta Salad** <u>Mandarins</u> Breadstick Milk	4 Egg Salad Sandwich Celery Sticks <u>Diced Mango**</u> Milk	5 Chef Salad Carrot Sticks** <u>Berry Mix</u> Wheat Crackers Milk
8 Crab Cakes <u>Zucchini & Tomatoes**</u> Carrot Coins** Apricots Brown Rice <u>Juice/Milk</u>	9 John Wayne Casserole Brussel Sprouts** <u>Tropical Fruit</u> Milk	10 Aloha Chicken Capri Veggies** Rice Pilaf <u>Fruit Salad</u> Hawaiian Roll <u>Juice</u> Milk	11 Bacon-Wrapped Chicken Breast Ratatouille** <u>Mandarins</u> Garlic Bread Milk	12 Pork Adobo Green Beans** <u>Pineapple</u> Brown Rice Hawaiian Roll Milk
15 Kale Pesto Pasta w/ Chicken Yellow Squash** <u>Fruit Yogurt</u> Pound Cake Roll Milk	16 Beef Quesadilla Broccoli** <u>Pineapple</u> <u>Coleslaw**</u> Mexican Rice Milk	17 Chicken Marsala Normandy Veggies** Couscous <u>Fresh Plum</u> Wheat Roll Milk	18 Pork Pasta Skillet Carrots** Confetti Coleslaw <u>Pineapple</u> Garlic Bread Milk	19 Baked Chicken Collard Greens** Brussel Sprouts** <u>Watermelon & Cucumber Salad</u> Wheat Roll Milk
22 Beef Tamale Chuckwagon Corn** Mexican Rice <u>Orange</u> Milk	23 Strawberry Tarragon Chicken Salad** Pears Breadstick <u>Juice/Milk</u>	24 Taco Salad w/ Beef & Bean Mix** <u>Fresh Strawberries</u> Tortilla Strips Milk	25 Orange Chicken Capri Veggies** <u>Fresh Kiwi</u> Hawaiian Roll Milk	26 Unstuffed Pepper Zucchini** <u>Cantaloupe</u> <u>V-8 Juice</u> Wheat Roll Milk
29 Pepper Steak** Sweet Potatoes <u>Nectarine</u> Breadstick Milk	30 Lemon Pepper Tilapia on Rice Spinach** <u>Mandarins</u> Milk	July 1 Waldorf Chicken Salad Peaches Wheat Crackers <u>Juice</u> Milk	July 2 Chili Dog  Sweet Potato Nuggets** <u>Red, White, & Blueberry Salad</u> Milk	July 3 No Meal Today 

Note: ** items are a rich source of Vitamin A
 Underlined items meet 1/3 of the DRI's for Vitamin C
 Suggested Contribution Age 60+ - \$3.00; Non-seniors meal cost - \$6.00
Seniors will not be denied service due to inability to contribute
 = More than 1000 mg Sodium

