


July 2023 Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 3 BBQ Pork Ribette 1/2c Creamy Coleslaw 1/2c Green Beans 1 Sandwich Roll Seasonal Fresh Fruit	July 4 	July 5 Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	July 6 Picnic Lunch Chicken Salad w/ Lettuce & Tomato / Wheat Bread Macaroni Salad Pickled Beets Fresh Fruit Cookies Milk	July 7 Baked Pollock 1/2c Macaroni & Cheese 1/2c Spinach 1 Wheat Bread 1/2c Mandarin Oranges
July 10 1/2c. Sweet & Sour Pork 1/2c. Rice 1/2c Peas 1 Wheat Bread Seasonal Fresh Fruit	July 11 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimentos 1/2c Pineapple	July 12 1/2c. Parmesan Chicken Over 1/2c. Lemon Asparagus Pasta 1c. Tossed Salad W/Tomato 1 Italian Bread 1/2c. Apple Crisp	July 13 Picnic Lunch Sliced Turkey on Whole Wheat Bread Lettuce & Tomato Potato Salad Fresh Fruit Brownie Milk	July 14 Baked Chicken w/ Gravy 1/2c Whipped Potatoes 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pudding
July 17 1/2c. Sloppy Joe 1/2c Ranch Roasted Potatoes 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit	July 18 Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c Mixed Vegetables 1 Dinner Roll 1/2c Gelatin	July 19 Baked Meatloaf w/ Gravy (2oz Turkey w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit	July 20 1/2c. Chicken & Biscuits 1/2c Mixed Vegetables 2-Mini Biscuits Seasonal Fresh Fruit	July 21 1/2c. Pulled Turkey w/ Gravy 1/2c Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1 Cookie
July 24 Cheeseburger w/ Lettuce, Tomato 1/2c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit	July 25 1/2c. Orange Glazed Pork Loin 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Pineapple Tidbits	July 26 1/2c. Warm Roast Beef Sandwich W/Mozz. 1/2c. Roasted Parmesan Redskins 1/2c. Carrots 1 Sandwich Roll Fresh Banana	July 27 Picnic Lunch Italian Sandwich Lettuce & Tomato Coleslaw Pasta Salad Fresh Fruit / Milk	July 28 1/2c. Tuna Salad Sandwich w/lettuce & tomato 1/2c Coleslaw 2 White Bread Fresh Orange
July 31 1/2c. Pulled Chicken w/ Gravy 1/2c Parsley Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	