



Department of Senior Affairs – Nutrition/Transportation Division

Menu for the Week of: July 1st – 5th

We reserve the right to alter the menu due to food availability and suitability for home delivery. Diabetic clients should not be given sugar and only given bread upon request.

Monday, July 1st

Rotisserie Chicken	4 oz.
Corn	4 oz.
Garlic Broccoli	4oz.
Dinner roll 1 pc margarine	1 roll
Apple	1 apple
1% Milk	8 oz.

Tuesday, July 2nd

Egg Salad Sandwich	4 oz of egg salad
Spinach and Red Onions Tossed with Olive Oil	4 oz.
Apricots	4 oz.
Wheat Bread	2 slices
1% Milk	8 oz.

Wednesday, July 3rd

Cheese Burger	4 oz meat 1 slice of cheese
Baked Beans	4 oz.
Steak Fries	4 oz.
Watermelon	4 oz.
1% Milk	8 oz.

Thursday, July 4th

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Friday, July 5th

Pork Chop with Gravy	4 oz. 1 oz. gravy
Mashed Potatoes	4 oz.
Mix Vegetable	4 oz.
Cantaloupe	4 oz.
1% Milk	8 oz.



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Menu for the Week of: July 8th – 12th

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Monday, July 8th

Green Chili Chicken Enchiladas	6 oz.
Calabacitas	4 oz.
Pinto Beans	4 oz.
Honeydew	4 oz.
1% Milk	8 oz.

Tuesday, July 9th

Omelet with Spinach onion & Mushroom	5 oz., 1 oz. spinach, 1 oz. mushroom
Rosemary Potatoes	4 oz.
Stewed Tomatoes	4 oz.
Orange	4 oz.
1% Milk	8 oz.

Wednesday, July 10th

Memphis Dry Rub Chicken	4 oz.
Rice Pilaf	4 oz.
Baby Carrots	4 oz.
Yogurt	4 oz.
1% Milk	8 oz.

Thursday, July 11th

Beef Tips over Noodles	4 oz. beef and 4 oz. noodles
Succotash	4 oz.
Apple Crisp	oz.
1% Milk	8 oz.

Friday, July 12th

Herb Tilapia	4 oz.
Brown Rice	4 oz.
Black Eyed Peas	4 oz.
Mandarin Orange	4 oz.
1% Milk	8 oz.



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Menu for the Week of: July 15th – 19th

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Monday, July 15th

Meatball Sandwich on Hoagie Roll	4 oz. meat, 1 sandwich roll
Steak Fries	4 oz.
Baby Carrots	4 oz.
Orange	4 oz.
1% Milk	8 oz.

Tuesday, July 16th

Chicken Salad on A Croissant Roll	4 oz. chicken, 1 Croissant roll
Carrot and Raisin Salad	4 oz.
Pineapple	4 oz.
1% Milk	8 oz.

Wednesday, July 17th

Turkey & Penne Pasta with Gravy	3 oz. meat, 3 oz. pasta
Imperial Blend	4 oz.
Peas & Carrots	4 oz.
Sliced Pears	4 oz.
1% Milk	8 oz.

Thursday, July 18th

Fish Nuggets	4 oz.
Brown Rice	4 oz.
Corn	4 oz.
Ice Cream	4 oz.
1% Milk	8 oz.

Friday, July 19th

BBQ Pulled Pork	4 oz. pork,
Tatar Tots	4 oz.
Malibu Blend	4 oz.
Jell-O with Fruit mix	4 oz.
1% Milk	8 oz.



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Menu for the Week of: July 22nd – 26th

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Monday, July 22nd

Bratwurst with Red and Green Peppers	4 oz. bratwurst, 3 oz. peppers
Ranch Beans	4 oz.
Carrot Coins	4 oz.
Fruit Mix	4 oz.
1% Milk	8 oz.

Tuesday, July 23rd

Turkey & Swiss Sandwich	4 oz. turkey
Cucumber, Red Onions tossed in Ranch	4 oz.
Corn Chips	4 oz. or 1 pack
Banana	1 banana
Wheat Bread	2 slices
1% Milk	8 oz.

Wednesday, July 24th

Sausage Ziti	2 oz. sausage, 4 oz. ziti
Green Beans with Mushrooms	4 oz.
Garlic Bread Stick	4 oz.
Nectarine	1 nectarine
1% Milk	8 oz.

Thursday, July 25th

Chicken Taco/ 2 Tortilla	5 oz. chicken
Refried Beans	4 oz.
Mexi Corn	4 oz.
Sliced Apples	4 oz.
1% Milk	8 oz.

Friday, July 26th

Baked Ham with Pineapples	5 oz.
White Rice	4 oz.
Sweet Potato	4 oz.
Grapes	4 oz.
1% Milk	8 oz.



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Menu for the Week of: July 29th – August 2nd

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Monday, July 29th

Chicken Alfredo	3 oz. chicken, 4 oz. pasta
Bread stick	1 bread stick
Italian Blend	4 oz.
Peach Crisp	4 oz.
1% Milk	8 oz.

Tuesday, July 30th

Chef Salad with Diced Ham	2 oz. ham
Orzo Pasta with Red & Green Peppers	4 oz.
Wheat Crackers	4 oz.
Sherbet	4 oz.
1% Milk	8 oz.

Wednesday, July 31st

Baked Potato with Cheese, Broccoli	1 medium potato, 2 oz. cheese
Oriental Blend	4 oz.
Biscuit with Margarine	1 biscuit and p.c.
Applesauce	4 oz.
1% Milk	8 oz.

Thursday, August 1st

Sweet N Sour Pork	5 oz.
White Rice	4 oz.
Cauliflower	4 oz.
Pineapple	4 oz.
1% Milk	8 oz.

Friday, August 2nd

Sloppy Joe	4 oz.
Red Potatoes	4 oz.
Brussel Sprouts	4 oz.
Granny Smith Apple	1 apple
1% Milk	8 oz.