



MENUS WITH MORE THAN 2300 MG OF SODIUM FOR THE DAY (CONDIMENTS NOT INCLUDED)

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS

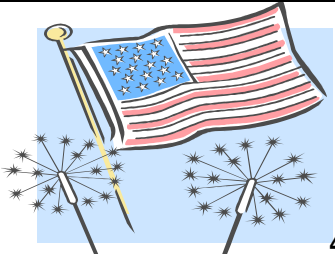

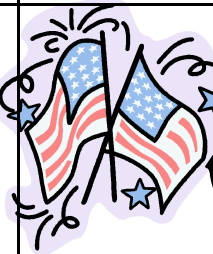
## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><b>BEEF STEAK W/ ONION GRAVY</b> MASHED POTATOES GREEN BEANS <b>CHICKEN RANCHERO</b> SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS POUND CAKE</p> <p style="text-align: right;">1</p>	<p><b>MACARONI &amp; CHEESE</b> BROCCOLI BAKED TOMATO HALF <b>TUNA SANDWICH ON WHOLE WHEAT BREAD</b> TOSSED SALAD WITH DRESSING ORANGE JUICE APPLESAUCE FRUITY YOGURT</p> <p style="text-align: right;">2</p>	<p><b>BBQ BEEF</b> BAKED BEANS HASH BROWNS <b>HARVEST VEGETABLE PLATE</b> ORANGE PINEAPPLE JUICE WHEAT BREAD OATMEAL COOKIES FRUIT COCKTAIL</p> <p style="text-align: right;">3</p>	 <p style="text-align: right;">4</p>	 <p style="text-align: center; font-size: 2em;"><b>Center Closed</b></p> <p style="text-align: right;">5</p>
<p><b>POLISH SAUSAGE</b> BAKED TOMATO COUNTRY STYLE HASH BROWNS <b>TERIYAKI CHICKEN OVER RICE</b> CREAMED CORN GREEN PEAS WHOLE WHEAT BREAD POUND CAKE</p> <p style="text-align: right;">8</p>	<p><b>TURKEY ENCHILADA CASSEROLE</b> SPANISH RICE BROCCOLI <b>CHICKEN CACCIATORE OVER ROTINI</b> SPINACH MIXED VEGETABLES ORANGE/PINEAPPLE JUICE FRESH FRUIT</p> <p style="text-align: right;">9</p>	<p><b>LEMON ROSEMARY CHICKEN</b> CREAMED SPINACH BRUSSELS SPROUTS <b>EGG SALAD SANDWICH ON WHOLE WHEAT BREAD</b> BEETS WITH DRESSING CHOCOLATE PUDDING</p> <p style="text-align: right;">10</p>	<p><b>SWISS STEAK</b> MASHED POTATOES CAPRI BLEND VEGETABLES <b>TUNA SALAD SANDWICH ON WHOLE WHEAT BREAD</b> TOMATOES WITH DRESSING PINEAPPLE JUICE FRESH APPLE</p> <p style="text-align: right;">11</p>	<p><b>MEATLOAF &amp; GRAVY</b> BAKED POTATO CALIFORNIA BLEND VEGETABLES <b>CHILI</b> REFRIED BEANS CORN TAPIOCA PUDDING ORANGE JUICE</p> <p style="text-align: right;">12</p>
<p><b>BARBEQUE CHICKEN</b> MASHED POTATOES CREAMED SPINACH <b>MACARONI SHELLS IN MEAT SAUCE</b> ITALIAN BLEND VEGETABLES CORN VANILLA PUDDING</p> <p style="text-align: right;">15</p>	<p><b>TERIYAKI MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES BROCCOLI <b>HAM SALAD SANDWICH ON WHOLE WHEAT BREAD</b> COLESLAW ORANGE JUICE AMBROSIA</p> <p style="text-align: right;">16</p>	<p><b>BARBEQUE BEEF</b> BAKED BEANS BAKED POTATO <b>HARVEST VEGETABLE PLATE</b> ORANGE PINEAPPLE JUICE WHOLE WHEAT BREAD LIME GELATIN FRUIT COCKTAIL</p> <p style="text-align: right;">17</p>	<p><b>CHICKEN PRIMAVERA CASSEROLE</b> ITALIAN BLEND VEGETABLES GREEN BEANS <b>MEATLOAF &amp; TOMATO SAUCE</b> GREEN BEANS/CARROTS WHOLE WHEAT BREAD SLICED PEARS OATMEAL COOKIES</p> <p style="text-align: right;">18</p>	<p><b>CHICKEN PARMESAN</b> SPAGHETTI &amp; SAUCE SPINACH <b>EGG SALAD SANDWICH ON WHOLE WHEAT BREAD</b> TOMATO WEDGES AND DRESSING FRESH FRUIT CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">19</p>
<p><b>ROTINI &amp; MEAT SAUCE</b> ITALIAN GREEN BEANS HARVARD BEETS <b>BBQ PORK RIBLET</b> MASHED POTATOES SPINACH FRESH FRUIT GRAHAM CRACKERS</p> <p style="text-align: right;">22</p>	<p><b>CHICKEN MARSALA</b> BROWN RICE BRUSSELS SPROUTS OVEN BAKED TOMATO HALF <b>SALISBURY STEAK &amp; GRAVY</b> CARROTS PEAS OATMEAL COOKIES APPLESAUCE</p> <p style="text-align: right;">23</p>	<p><b>SPINACH CANNELLONI</b> CORN CALIFORNIA BLEND <b>CAESAR SALAD</b> HARD BOILED EGG WHEAT BREAD FRESH FRUIT CHOCOLATE CAKE</p> <p style="text-align: right;">24</p>	<p><b>SLICED TURKEY &amp; GRAVY</b> MASHED POTATOES BROCCOLI <b>HAM SALAD SANDWICH ON WHOLE WHEAT BREAD</b> BEETS AND DRESSING ORANGE PINEAPPLE JUICE AMBROSIA POUND CAKE</p> <p style="text-align: right;">25</p>	<p><b>BEEF STEAK &amp; ONION GRAVY</b> MASHED POTATOES CREAMED SPINACH <b>TERIYAKI CHICKEN OVER RICE</b> PEAS ASIAN VEGETABLES CHOCOLATE PUDDING</p> <p style="text-align: right;">26</p>
<p><b>GLAZED HAM</b> SWEET POTATOES LIMA BEANS <b>CHICKEN FAJITAS WITH PEPPERS &amp; ONIONS</b> BROCCOLI HOT APPLE BETTY CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">29</p>	<p><b>CHILI OVER RICE</b> BAKED TOMATO HALF CHUCKWAGON CORN <b>SPINACH LASAGNA</b> CARROTS ZUCCHINI MIXED FRUIT</p> <p style="text-align: right;">30</p>	<p><b>TUNA CASSEROLE</b> GREEN PEAS HARVARD BEETS <b>SALAMI SANDWICH ON WHOLE WHEAT BREAD</b> ORANGE JUICE COLESLAW BANANA RASPBERRY GELATIN</p> <p style="text-align: right;">31</p>	 <h1 style="font-size: 4em;">JULY 2019</h1>	

\*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL

# Home Delivered Breakfast

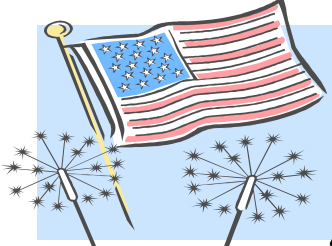

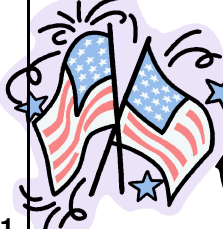
**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p>FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p style="text-align: right;"><b>1</b></p>	<p>ORANGE JUICE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;"><b>2</b></p>	<p>ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK</p> <p style="text-align: right;"><b>3</b></p>	 <p style="text-align: right;"><b>4</b></p>	 <p style="text-align: center;"><b>Center Closed</b></p> <p style="text-align: right;"><b>5</b></p>
<p>ORANGE JUICE TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;"><b>8</b></p>	<p>FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK</p> <p style="text-align: right;"><b>9</b></p>	<p>FRESH FRUIT FRENCH TOAST JELLY SYRUP MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;"><b>10</b></p>	<p>FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p style="text-align: right;"><b>11</b></p>	<p>BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;"><b>12</b></p>
<p>ORANGE PINEAPPLE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;"><b>15</b></p>	<p>BANANA BRAN FLAKES YOGURT LOW FAT MILK</p> <p style="text-align: right;"><b>16</b></p>	<p>FRESH FRUIT WAFFLES JELLY SYRUP MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;"><b>17</b></p>	<p>ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK</p> <p style="text-align: right;"><b>18</b></p>	<p>ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK</p> <p style="text-align: right;"><b>19</b></p>
<p>ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK</p> <p style="text-align: right;"><b>22</b></p>	<p>FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p style="text-align: right;"><b>23</b></p>	<p>ORANGE JUICE WAFFLES JELLY SYRUP MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;"><b>24</b></p>	<p>SLICED PEARS FROSTED MINI-WHEATS YOGURT LOW FAT MILK</p> <p style="text-align: right;"><b>25</b></p>	<p>FRESH FRUIT FRENCH TOAST JELLY SYRUP MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;"><b>26</b></p>
<p>ORANGE PINEAPPLE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p style="text-align: right;"><b>29</b></p>	<p>ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK</p> <p style="text-align: right;"><b>30</b></p>	<p>PEACHES SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK</p> <p style="text-align: right;"><b>31</b></p>	 <p style="font-size: 4em; font-weight: bold; text-align: center;">JULY 2019</p>	