

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# July 2021



**Center Closed**

<p><b>SLICED TURKEY &amp; GRAVY</b> MASHED POTATOES BROCCOLI <b>MACARONI AND CHEESE</b> SPINACH CORN POUND CAKE ORANGE JUICE</p> <p>12</p>	<p><b>CHICKEN MARSALA</b> BROWN RICE BRUSSELS SPROUTS OVEN BAKED TOMATO HALF <b>SALISBURY STEAK WITH GRAVY</b> CARROTS PEAS OATMEAL COOKIES APPLESAUCE</p> <p>13</p>	<p><b>SPINACH CANNELLONI</b> CORN CALIFORNIA BLEND <b>TURKEY ENCHILADA CASSEROLE</b> CARROTS AND PEAS GREEN BEANS WHEAT BREAD FRESH FRUIT POUND CAKE</p> <p>14</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>15</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>16</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>19</p>	<p><b>MEATLOAF &amp; MUSHROOM GRAVY</b> ITALIAN BLEND VEGETABLES BAKED POTATO <b>SCRAMBLED EGGS WITH HAM</b> HASH BROWN POTATOES CINNAMON APPLES ORANGE JUICE OATMEAL COOKIES</p> <p>20</p>	<p><b>TUNA CASSEROLE</b> GREEN PEAS HARVARD BEETS <b>CHICKEN CORDON BLEU</b> BROWN RICE CALIFORNIA BLEND VEGETABLES BANANA POUND CAKE WHEAT BREAD ORANGE JUICE</p> <p>21</p>	<p><b>BAKED CHICKEN</b> SCALLOPED POTATOES GREEN BEANS <b>FISH WITH MEXICANA SAUCE OVER RICE</b> CORN ZUCCHINI ORANGE JUICE CHOCOLATE CHIP COOKIES</p> <p>22</p>	<p><b>CHILI OVER RICE</b> BAKED TOMATO HALF CHUCKWAGON CORN <b>SPINACH LASAGNA</b> CARROTS ZUCCHINI MIXED FRUIT</p> <p>23</p>
<p><b>CHICKEN PARMIGIANA</b> SPAGHETTI &amp; SAUCE SPINACH <b>BEEF STROGANOFF WITH EGG NOODLES</b> CARROTS PEAS APPLES VANILLA PUDDING</p> <p>26</p>	<p><b>SALISBURY STEAK &amp; GRAVY</b> BAKED POTATO HARVARD BEETS <b>CHEESE CANNELLONI</b> GREEN BEANS PEAS &amp; CARROTS WHEAT BREAD APPLESAUCE CHOCOLATE CHIP COOKIES</p> <p>27</p>	<p><b>BREADED CHICKEN PATTY &amp; GRAVY</b> CARROTS BROCCOLI <b>MACARONI, CHEESE &amp; HAM</b> CREAMED SPINACH CORN APPLESAUCE</p> <p>28</p>	<p><b>ROAST BEEF &amp; GRAVY</b> MASHED POTATOES CHUCKWAGON CORN <b>SPINACH LASAGNA</b> CARROTS ZUCCHINI GRAHAM CRACKERS MELON</p> <p>29</p>	<p><b>FISH FILET IN DILL SAUCE</b> BROWN RICE CREAMED SPINACH <b>SWEDISH MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES PEAS OATMEAL COOKIES TAPIOCA PUDDING</p> <p>30</p>

# Home Delivered Breakfast

MONDAY

TUESDAY

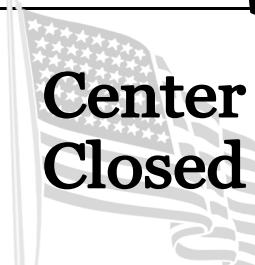
WEDNESDAY

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 <p><b>Center Closed</b></p> <p>5</p>	<p>BANANA BRAN FLAKES YOGURT LOW FAT MILK</p> <p>6</p>	<p>FRESH FRUIT WAFFLES SYRUP MARGARINE (2) LOW FAT MILK</p> <p>7</p>	<p>ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK</p> <p>8</p>	<p>BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p>9</p>
<p>SLICED PEARS FROSTED MINI-WHEATS YOGURT LOW FAT MILK</p> <p>12</p>	<p>FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p>13</p>	<p>ORANGE JUICE WAFFLES SYRUP MARGARINE (2) LOW FAT MILK</p> <p>14</p>	<p>FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK</p> <p>15</p>	<p>ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK</p> <p>16</p>
<p>ORANGE PINEAPPLE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p>19</p>	<p>FRESH FRUIT TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p>20</p>	<p>PEACHES SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK</p> <p>21</p>	<p>FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p>22</p>	<p>ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK</p> <p>23</p>
<p>ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK</p> <p>26</p>	<p>BANANA BRAN FLAKES BREAD FOR TOAST (2) MARGARINE (2) LOW FAT MILK</p> <p>27</p>	<p>FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p>28</p>	<p>PEACHES FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK</p> <p>29</p>	<p>ORANGE JUICE OATMEAL ALMONDS AND RAISINS BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p>30</p>