



July 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Suggested donation is \$5.25 a meal. All menus are subject to change without notice. Milk and margarine/butter are included with each meal. No additional salt is added to any recipe. Diabetic desserts are available. Meals provide 1/3 recommended Dietary Reference Intakes (DRIs) for older adults. This program is partially funded by Title III of the Older Americans Act.

Alternate Menu
Meatloaf substitution is offered Monday through Friday. Please call 908-284-0735 to order.

Orange Pineapple Juice Roast Turkey w/Gravy Mashed Sweet Potato Mixed Vegetables Swiss Salad w/Drsg Dinner Roll Baked Apple Crisp	1	Blended Juice Beef Hot Dog Hot Potato Salad Buttered Corn Deluxe Fruit Salad Hot Dog Bun Chocolate Chip Cookie	2	Cranapple Juice Ham & American Cheese Kaiser Roll Macaroni Salad Apple Slices Lemon Pound Cake	3
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Place an ice pack in your cooler. Ice packs keep cold portions of food cold. Thanks!

Apple Juice Chicken Salad Rye Bread Cucumber Onion Salad Peach Fruit Cup Chocolate Pudding Milk	4	CLOSED Happy 4th of July! 	5	Orange Pineapple Juice Teriyaki Chicken Meatballs & Rice Oriental Veggie Blend Tropical Fruit Salad Raisin Bread Tapioca Pudding	6	Blended Juice Italian Sausage Cheese Lasagna Italian Veggie Blend Tomato Onion Salad Garlic Bread Tiramisu	7	Orange Pineapple Juice Tavern Battered Cod Macaroni & Cheese Capri Veggie Blend Minced Coleslaw Rye Bread Fresh Pear	8	Cranapple Juice Pot Roast w/Gravy Scalloped Potatoes Glazed Carrots Spinach Salad w/Drsg Wheat Bread Pound Cake	9	Apple Juice Turkey & Swiss Rye Bread Chickpea Onion Salad Fresh Orange Granola Bar Milk	10
Orange Pineapple Juice Tuna Salad Croissant Beet Onion Salad Mixed Fruit Cup Brownie Milk	11	Blended Juice Chicken Fricassee Bow Tie Noodles Petite Peas Caesar Salad w/Drsg Dinner Roll Fresh Peach	12	Cranapple Juice Honey Glazed Ham Sweet Potato Bake Harvard Beets Spinach Salad w/Drsg Corn Bread Fresh Banana	13	Orange Pineapple Juice Pepper Steak Brown Rice California Veggie Blend Pineapple Chunks Wheat Dinner Roll Vanilla Ice Cream	14	Apple Juice Vegetable Frittata Hash Browns Okra & Stewed Tomato Citrus Fruit Salad Bran Muffin Fruit Yogurt Cup	15	Blended Juice Sloppy Joe Potatoes O'Brien Succotash Tossed Salad w/Drsg Sandwich Bun Oatmeal Cookie	16	Orange Pineapple Juice Egg Salad Wheat Bread Carrot Raisin Salad Mandarian Orange Cup Coffee Cake Milk	17
Cranapple Juice Cold Meatloaf Rye Bread Potato Salad Diced Pear Cup Vanilla Cake Milk	18	Orange Pineapple Juice Beef Bourguignon Mashed Potatoes Peas & Carrots Chickpea Onion Salad Buttermilk Biscuit Apple Pocket	19	Apple Juice Chicken Stroganoff Egg Noodles Green & Gold Beans Beet Onion Salad Dinner Roll Seedless Grapes	20	Cranapple Juice Salisbury Steak w/Gravy Cheddar Stuffed Potato Creamed Spinach Deluxe Fruit Salad Wheat Bread Rice Pudding	21	Blended Juice Pork Loin w/Gravy Cornbread Stuffing Red Cabbage w/Apples Cinnamon Applesauce Raisin Bread Chocolate Ice Cream	22	Orange Pineapple Juice Turkey Loaf w/Gravy Wild Rice Pilaf Scandinavian Veggies Cucumber Onion Salad Rye Bread Shortbread Cookie	23	Apple Juice Liverwurst w/Onion Rye Bread Cottage Cheese Pineapple Chunks Jell-O Cup Milk	24
Blended Juice Seafood Salad Croissant 3 Bean Salad Nectarine Jelly Donut Milk	25	Apple Juice Meatballs w/Sauce Spaghetti w/Sauce Italian Flat Beans Antipasto Salad w/Drsg Italian Bread Fresh Plum	26	Cranapple Juice BBQ Pulled Pork Parslied Potato Chunks Pinto Beans Creamy Coleslaw Sandwich Bun Fresh Berries	27	Blended Juice Chicken Piccata Fettucine Alfredo Broccoli & Cauliflower Swiss Salad w/Drsg Raisin Bread Mini Eclair	28	Orange Pineapple Juice Crab Cakes Creamy Risotto Green & Yellow Squash Cucumber Onion Salad Wheat Dinner Roll Fresh Apricots	29	Apple Juice Stuffed Cabbage Mashed Potatoes Baby Carrots Tossed Salad/Drsg Wheat Bread Fig Bar	30	Cranapple Juice Tuna Salad Wheat Bread Pasta Veggie Salad Sliced Apples Cheese Danish Milk	31