




July 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<p>Milk and fruit juice served daily.</p> <p><u>Alternate Menu</u> Meatloaf substitution is offered Monday through Friday. Please call 908-284-0735 to order.</p>	<p>1 Chicken Divan Sweet Potatoes California Veggie Blend Tropical Fruit Salad Rye Bread Rice Pudding</p>	<p>2 Turkey Meatloaf w/Gravy Mashed Potatoes Baby Peas Beet Onion Salad Dinner Roll Apple Crisp</p>	<p>3 Beef Hot Dogs Hot Dog Rolls Potato Salad Yellow Corn w/Peppers Mixed Fruit Salad Vanilla Ice Cream Cup</p>	<p>4 CLOSED Happy 4th of July!</p> 	<p>5 BBQ Pulled Pork Macaroni & Cheese Succotash Creamy Coleslaw Sandwich Bun Apple Pie</p>	<p>6 Salami & American Cheese Italian Bread Potato Salad Fruit Cup Vanilla Pudding</p>
<p>7 Turkey & Swiss Kaiser Roll Cucumber Onion Salad Sliced Apples Brownie</p>	<p>8 Cheese Ravioli Meatballs w/Sauce Broccoli/Cauliflower Medley Garden Salad w/Drsg Italian Bread Seedless Grapes</p>	<p>9 Pork Loin w/Gravy Cornbread Stuffing Red Cabbage & Apples Caesar Salad w/Drsg Raisin Bread Cinnamon Coffee Cake</p>	<p>10 Glazed Chicken Thighs Wild Rice Mixed Vegetables Tossed Salad w/Drsg Dinner Roll Oreo Cookies</p>	<p>11 Baked Cod Filet Au Gratin Potatoes Stewed Tomatoes Creamy Coleslaw Wheat Bread Apricot Halves</p>	<p>12 Ham & Leek Quiche Potatoes O'Brien Creamed Spinach Fruit Salad Croissant Jello Cup</p>	<p>13 Tuna Salad Wheat Bread Macaroni Salad Diced Pears Fig Bar</p>
<p>14 Sliced Turkey, Ham & Cheese Hoagie Roll Carrot Raisin Salad Mandarin Orange Cup Oatmeal Raisin Cookie</p>	<p>15 Pot Roast w/Gravy Garlic Mashed Potatoes Peas & Carrots Cucumber Onion Salad Wheat Bread Sponge Cake</p>	<p>16 Orange Glazed Chicken Red Beans & Rice Zucchini Garden Salad w/Drsg Dinner Roll Banana</p>	<p>17 Baked Ham w/Glaze Sweet Potatoes Green Bean Casserole Swiss Salad w/Drsg Dinner Roll Chocolate Cake w/Icing</p>	<p>18 Vegetable Frittata Hashbrown Potatoes Okra with Tomatoes Mixed Fruit Salad Oat Bran Muffin Frozen Yogurt</p>	<p>19 Stuffed Cabbage Roll Rice Pilaf Mixed Vegetables Tossed Salad w/Drsg Rye Bread Fruit Danish</p>	<p>20 Liverwurst w/Onions Rye Bread Cottage Cheese Pineapple Chunks Shortbread Cookies</p>
<p>21 Seafood Salad Wheat Bread 3 Bean Salad Diced Peaches Powdered Donut</p>	<p>22 Roasted Turkey w/Gravy Mashed Sweet Potatoes Brussel Sprouts & Carrots Applesauce Dinner Roll Plum</p>	<p>23 Italian Sausage Baked Ziti w/Cheese Italian Green Beans Antipasto Salad w/Drsg Italian Bread Seedless Grapes</p>	<p>24 Pepper Steak Brown Rice Oriental Vegetable Blend Pineapple Chunks Dinner Roll Jelly Donut</p>	<p>25 Chicken Paprikash Egg Noodles Mixed Vegetables Tropical Fruit Salad Dinner Roll Tapioca Pudding</p>	<p>26 Chili Con Carne White Rice Green & Yellow Squash Garden Salad w/Drsg Corn Muffin Jello Cup</p>	<p>27 Turkey & Provolone Kaiser Roll Pasta Veggie Salad Diced Peaches Pound Cake</p>
<p>28 Breaded Chicken Filet Sandwich Bun Macaroni Salad Fruit Salad Chocolate Chip Cookies</p>	<p>29 Salisbury Steak w/Gravy Mashed Potatoes Glazed Carrots Spinach Salad w/Drsg Dinner Roll Melon Chunks</p>	<p>30 Lemon Chicken Roasted Red Potatoes Capri Veggie Blend Beet Onion Salad Rye Bread Pears</p>	<p>31 Stuffed Flounder Filet Parmesan Risotto Baby Peas Creamy Coleslaw Pumpnickel Bread Banana Pudding</p>	<p>Suggested donation is \$5.50 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.</p> <p>Please place an ICE PACK in your COOLER for your meal. Ice keeps the cold portion of your food cold.</p>		