

 FIVE STAR CREATING SOLUTIONS  July 2026 Seniors' CHOICE menu 				
Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3
 Did you know? The Declaration of Independence was not signed by all representatives until August, 1776. To make it official, John Hancock, President of the Continental Congress signed it. Now, can anyone guess where the saying "put your John Hancock on it" came from!?!		Summer Salad - 9070 w/ diced Eggs, Shredded Cheese, Grape Tomatoes, Broccoli Floret, Wheat Roll / Margarine Ranch Dressing (ch b) beef & noodles w/gravy green beans, diced carrots ch7052 Pears Wheat Bread / Margarine Diet: same	Hamburger - 9071 (ch b) hot deli ham ch7005 w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Watermelon Mustard / Ketchup Diet: same	
6	7	8	9	10
Chicken & Potato Casserole - 9315 (ch b) roast beef & gravy ch7025 California Blend Vegetables (2 servings) Grape Juice 100% Wheat Bread (2 slices) Margarine Diet: same	Meatloaf w/ Gravy - 9072 (ch b) roast turkey w/ gravy ch7002 Mashed Potatoes Carrots Pineapple Tidbits Wheat Bread (2 slices) Margarine Diet: same	turkey Ham & Beans - 9062 (ch b) chicken stew ch7022 Mixed Vegetables (2 servings) Cornbread Apricots Wheat Roll / Margarine Margarine Diet: same	Chicken Alfredo over Spaghetti - 9065 (ch b) mediterranean glazed salmon ch7068 Broccoli Carrots Baked Cinnamon Apples 2 Wheat Bread / Margarine (ch b only) Diet: same	Turkey Sandwich on Wheat - 9032 (ch b) ham sandwich on wheat ch7044 Potato Salad Coleslaw Peaches Mayo (for turkey only) Mustard (for ham only) Diet: same
				 Teddy Bear Picnic Day
13	14	15	16	17
Sloppy Joe - 9060 (ch b) chicken bbq ch7002 Peas Chuckwagon Corn Bun Pears Diet: same	Macaroni & Cheese - 9130 (ch b) fish sticks w/ tartar sauce - ch7024 Green Beans Stewed Tomatoes Applesauce Wheat Bread (2 slices) Margarine Diet: same	Turkey Frank - 9002 (ch b) Philly beef steak - ch7777 Potato Wedges Vegetable Medley Swiss Cheese Bun Mustard Fruit Cocktail Diet: same	BBQ Beef - 9051 (ch b) grilled chicken breast ch7026 Peas & Onions Peaches w/ Oat Topping Cole Slaw Bun Diet: same	Grilled Chicken w/ BBQ Sauce - 9049 (ch b) hamburger ch7006 Green Beans Yellow Squash Bun Sponge Cake Fruit Punch 100% Diet: same
				 Happy July Birthday
20	21	22	23	24
Hawaiian Pineapple Ham - 9094 (ch b) pineapple topped chicken ch7013 Roasted Sweet Potatoes Peas Tropical Fruit Salad Wheat Bread (2 slices) Margarine Diet: same	Cinci-Style Chili - 9112 w/ Spaghetti (ch b) roast beef w/gravy ch7025 Kidney Beans Broccoli Apricots Cheddar Cheese (ch A only) Oyster Crackers (ch A only) 2 Wheat Bread / Margarine (ch b only) Diet: same	Chicken Caesar Salad - 9111 w/ Parmesan & Croutons Marinated Cucumbers & Onions (ch b) spaghetti & meatballs w/ marinara, parmesan, italian vegetables, & spinach Pears Dinner Roll / Margarine Cinnamon Teddy Grahams Diet: same	Lemon Pepper Fish - 9033 w/ Tartar Sauce (ch b) chicken tenders ch7009 Brown Rice Scandinavian Veggies (2 servings) Mandarin Oranges Wheat Bread / Margarine Margarine Diet: same	Popcorn Chicken Bowl - 9006 (ch b) meatloaf w/ gravy ch7016 Mashed Potatoes w/ Cheese & Corn Green Beans Baked Cinnamon Apples Biscuit & Margarine Diet: same
27	28	29	30	31
Salisbury Steak w/ Mushroom Gravy - 9029 (ch b) chicken w/gravy ch7008 Parslied Potatoes Mixed Vegetables Pineapple Tidbits Wheat Bread (2 slices) Margarine Diet: same	Orange Chicken - 9105 (ch b) baked fish - ch7048 Brown Rice Green Beans Carrots Mandarin Oranges Wheat Bread / Margarine Diet: same	Cheese Manicotti - 9133 w/ Pesto Cream Sauce (ch b) spaghetti & meatballs ch7015 Spinach California Blend Vegetables Pears Wheat Bread / Margarine (ch a only) Diet: same	Chicken Salad Sandwich on Wheat - 9047 (ch b) ham salad sandwich on wheat ch7057 Potato Salad 3-Bean Salad Fruit Cocktail Diet: same	Swedish Meatballs - 9053 (ch b) chicken & gravy ch7037 Egg Noodles Broccoli Carrots Peaches Diet: same