


<div>  FIVE STAR <small>CREATINE SOLUTIONS</small> </div> <div>  July 2025 Seniors' CHOICE menu  </div>				
Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	Steak Hoagie w/ Gravy - 9302 (ch b) grilled chicken breast ch7026 Potato Wedges Baked Beans Hoagie Bun Fresh Apple Diet: same	Turkey Sandwich on Wheat - 9032 (ch b) ham sandwich on wheat ch7044 Potato Salad Coleslaw Fruit Cocktail Mayo (for turkey only) Mustard (for ham only) Diet: same	Grilled Chicken w/ BBQ Sauce - 9049 (ch b) hamburger ch7006 Green Beans Yellow Squash Bun Watermelon Diet: same	
7	8	9	10	11
Chicken Fajita Bowl - 9004 (ch b) Taco Bowl ch7010 Brown Rice Pinto Beans Chuckwagon Corn Hot Apple Crumble Corn Chips Sour Cream Diet: same	Roast Pork Loin w/ Gravy - 9115 (ch b) chicken w/gravy ch7008 Brown Rice Vegetable Medley (2 servings) Tropical Fruit Salad Wheat Bread (2 slices) Margarine Diet: same	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 Grape Juice 100% Animal Crackers Diet: same	Orange Chicken - 9105 (ch b) baked fish - ch7048 Brown Rice Green Beans Carrots Peaches Wheat Bread / Margarine Diet: same	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
14	15	16	 Teddy Bear Picnic Day	18
Macaroni & Cheese - 9130 (ch b) fish sticks w/ tartar sauce - ch7024 Green Beans Stewed Tomatoes Pears Wheat Bread (2 slices) Margarine Diet: same	Ham Sandwich on White - 9125 (ch b) roast beef sandwich on white ch7031 3 Bean Salad Potato Salad Fruit Cocktail Mustard (for ham only) Horseradish (for roast beef only) Diet: same	Turkey Frank - 9002 (ch b) polish sausage - ch7069 Potato Wedges Mixed Vegetables Bun Mustard Mandarin Oranges 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	Happy July Birthday BBQ Beef - 9051 (ch b) grilled chicken breast ch7026 Peas & Onions Peaches w/ Oat Topping Cole Slaw Bun Sponge Cake Diet: same
National Macaroni & Cheese Day		National Hot Dog Day		
21	22	23	24	25
Chicken & Potato Casserole - 9315 (ch b) roast beef & gravy ch7025 California Blend Vegetables (2 servings) Mixed Berry Applesauce Wheat Bread (2 slices) Margarine Diet: same	Sloppy Joe - 9060 (ch b) chicken bbq ch7002 Peas Chuckwagon Corn Bun Peaches Diet: same	Chicken Caesar Salad w/ Parmesan & Croutons Marinated Cucumbers & Onions (ch b) spaghetti & meatballs w/ marinara, parmesan, italian vegetables, & spinach Peas Dinner Roll / Margarine Cinnamon Teddy Grahams Diet: same	Cheese Manicotti - 9133 w/ Pesto Cream Sauce (ch b) spaghetti & meatballs ch7015 Spinach California Blend Vegetables Fruit Cocktail Wheat Bread / Margarine (ch a only) Diet: same	Hamburger - 9071 (ch b) hot deli ham ch7005 w/ White American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup
28	29	30	31	
Meatloaf w/ Gravy - 9072 (ch b) roast turkey w/ gravy ch7002 Mashed Potatoes Carrots Mandarin Oranges Wheat Bread (2 slices) Margarine Diet: same	Cheese Lasagna - 9316 (ch b) beef & noodles ch7052 Italian Vegetables Yellow Squash Applesauce Diet: same	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 Peaches Cheddar Cheese (ch A only) Oyster Crackers (ch A only) 2 Wheat Bread / Margarine (ch b only) Diet: same	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
	Lasagna Day			