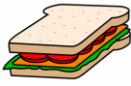


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MENU</u> <u>FOR</u>  <u>JULY</u> <u>2026</u> Mike Tedeschi Cook	<u>PLEASE NOTE:</u> The Howard J. Weston Community and Senior Center, Inc. does not discriminate on the basis of sex, race, national origin, handicap or creed.	<u>1</u>  Chicken Parmesan Spaghetti Green Beans Dessert	<u>2</u>  Hot Dog Sauerkraut Chips Fruit	<u>3</u>  CENTER CLOSED <u>INDEPENDENCE DAY HOLIDAY</u>
<u>6</u>  Lasagna Green Beans Garlic Bread Dessert	<u>7</u>  Chef Salad w/ Ham & Turkey Roll Dessert	<u>8</u> <u>FEAST</u>  Pork Chops Mashed Potatoes Peas & Onions Dessert	<u>9</u>  Creamed Chip Beef Biscuit Hash Brown Dessert	<u>10</u>  Chicken Potato Salad Broccoli Salad Watermelon
<u>13</u>  Wings Fries Vegetable Dessert	<u>14</u>  Beef Stew Cornbread Dessert	<u>15</u>  Sausage Peppers & Onions Cole Slaw Dessert	<u>16</u> <u>FEAST</u>  Shrimp Salad Fries Dessert	<u>17</u>  Turkey Sub Chips Fruit Dessert
<u>20</u>  Hamburger Onion Rings Chips Fruit	<u>21</u>  Chicken Wings Mac & Cheese Vegetable Dessert	<u>22</u>  Taco Salad w/ All the fixins' Dessert	<u>23</u> <u>FEAST</u>  Salmon Rice Green Beans Dessert	<u>24</u>  Ham Sandwich Chips Fruit Dessert
<u>27</u>  Meatball Sub Macaroni Salad Vegetable Dessert	<u>28</u>  Potato Bar w/ All the fixins' Dessert	<u>29</u>  Pizza Salad Dessert	<u>30</u>  Chicken Fingers Fries Vegetable Cake	<u>31</u>  Roast Beef Sandwich Chips Fruit Dessert

Although every effort will be made to serve the meals as indicated, the menu is, however, subject to change. Milk, juice and bread are available at all meals.

Approved _____
Nutritionist Date