



Monday 3	Tuesday	Wednesday 5	Thursday 6	Friday 7
CLOSED FOR HOLIDAY	 CLOSED FOR HOLIDAY MEALS AVAILABLE UPON REQUEST	Meatball Sandwich on a Club Roll Roasted Potato Wedges 3-Bean Salad Pears	Corned Beef Red Potatoes Carrots Ambrosia Salad Rye Bread	Chicken and Dumplings Peas Romaine Salad/Dressing Fruit Cocktail Cookie/Dinner Roll
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Pot Roast Mashed Potatoes Lima Beans Apricots Wheat Roll	Garlic Chicken Quarters Roasted Potatoes Cauliflower Gelatin Salad Wheat Bread	Scrambled Eggs with Cheese and Ham Breakfast Potatoes Broccoli Tomato Juice Melon Slice/Muffin	Bow Tie Pasta, Italian Sausage & Tomatoes Italian Blend Vegetables Spinach Salad/Dressing Minneolas Bread Stick	Tuna Salad on Wheat Bread Split Pea Soup Creamy Cucumber Salad Tropical Fruit Blonde Brownie
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Stuffed Peppers with Tomato Sauce Mashed Potatoes Capri Blend Vegetables Peaches Wheat Roll	BBQ Chicken Breast Pork & Beans Pickled Beets Fruit Cocktail Wheat Bread	Beef Patty on a Bun Potato Salad Mixed Vegetables Blueberry Crisp	Chicken Stir Fry with Rice Sugar Snap Peas Tossed Salad/Dressing Pineapple/Wheat Bread Almond Cookie	Chili with Beans Corn on the Cobb Mandarin Oranges Juice Cup Corn Muffin
Monday 24	Tuesday 25	 Wednesday 26	Thursday 27	Friday 28
Chicken Salad on Wheat Bread Navy Bean Soup Creamy Coleslaw Blushing Pears	Baked Ham Au Gratin Potatoes Spinach Tropical Fruit Wheat Bread	Pork Chop with Mushroom Gravy Mashed Potatoes Brussels Sprouts Cinnamon Apple Slices Frosted Cake/Bread	Stuffed Pollock Rice Pilaf Carrots Watermelon Slice Juice Cup Wheat Bread	Marinated Chicken Quarters Potato Wedges Pea Salad Peaches Dinner Roll
Monday 31	12 SUMMER SAFETY TIPS FOR THE ELDERLY	SAFETY TIPS CONTINUED		
Sloppy Joe on a Bun Macaroni Salad Mixed Vegetables Fruit Cocktail Juice Cup	<ul style="list-style-type: none"> -Stay Hydrated -Talk to Your Doctor -Keep Your Cool -Stay in Touch -Meet Your Neighbors -Know Who to Call -Wear the Right Stuff 	<ul style="list-style-type: none"> -Protect Your Eyes -Know the Risks of Hyperthermia -Rub on Sunscreen & Wear Hats -Apply Bug Spray -Exercise Smart 	<u>Tell us what you think!</u> Each day rate the menu: 1 (least favorite) To 5 (most enjoyed). 1 ★ 2 ★ 3 ★ 4 ★ 5 ★	At the end of the month, return the menu to us via your site coordinator or volunteer driver