

Monday	Tuesday	Wednesday	Thursday	Friday
Tuna Salad Cold Plate July 31 *Red & Green Cabbage w/Shredded Carrots, leaf lettuce Tomato Basil Soup Whole Grain Bread Fresh Peach, Nectarine or Plum	August 1 Chicken Adobo Vegetable Brown Rice Pilaf [=]**Whipped Butternut Squash or Sweet Potato Green Bean w/Mushroom [=]*Orange or Tangerines or Cantaloupe***	2 Stuffed Manicotti or Shells w/Meat Sauce Mesclun Salad Mix Zucchini and Cauliflower *Pineapple & Mandarin Fruit Cup	3 Swedish Meatballs Tarragon Noodles Mixed Green Salad Peas & Corn Chocolate Pudding [=]*Orange Juice	4 Hawaiian Chicken w/Pineapple Brown Rice Pilaf ***Broccoli Salad w/raisin, red onion **Ginger Carrots Fresh Fruit in Season
Shepherd's Pie 7 (Turkey w/mushrooms, onions, mashed potatoes, peas & corn) Whole Grain Roll or Bread Romaine Salad w/Tomato & Cucumber *[-]Fruit Cup w/Pineapple, Orange, Melon (mixed)	8 Soft Fish Taco w/Salsa <i>Tomato Soup</i> Flour or Corn Tortilla ***Shredded Cabbage, Bell Pepper, Shredded Carrots [=]Pinto Beans Fresh Peach or Unsweetened canned	9 Brisket w/Caramelized Onions Whole Grain Bread [=]**Whipped Sweet Potato Broccoli** [=]Banana [=]*Orange Juice	10 Chicken Dijon Farro Risotto (celery/onion) Mesclun Salad Mix **Herbed Carrots [=]*Orange or Tangerines or Cantaloupe**	11 Chef Salad Cold Plate *Assorted Salad Greens w/Cabbage, Shredded Brussels Sprouts, Bell Pepper, Apple, Cucumber & Celery <i>Minestrone Soup</i> Dinner Roll Oatmeal Cookie
Greek Salad Cold Plate 14 w/Chicken, Monterey Jack ***Spinach, Bell Pepper, Tomato, Green Onion, Carrots, Olives <i>Lentil Soup</i> Pita Bread Lemon Pudding	15 Spaghetti & Meatballs Caesar Salad w/Romaine, Croutons Italian Green Beans w/Olive Oil [=]*Orange or Tangerines or Cantaloupe**	16 Tarragon Turkey Stew Biscuit *Creamy Coleslaw **Vegetables in entrée Vanilla slice/Diced Pear	17 Baked Fish (w/Dill or Lemon Sauce) <i>Tomato Basil Soup</i> Brown Rice **Butternut Squash ***Broccoli Salad w/raisin, red onion Apple or Cinnamon Applesauce	18 Santa Fe Chicken Whole Grain Bread Assorted Salad Greens w/Cucumber & Celery Roasted Corn [=]Banana [=]*Orange Juice
Beef Ravioli 21 <i>Vegetable Soup</i> **Broccoli Romaine Salad w/Cucumbers *Fruit Cup Pineapple, Orange & Melon (mixed)	22 BBQ Chicken Corn Muffin [=]Black Beans **Carrot Raisin Salad *Fruited Red Gelatin w/Mandarin Oranges	23 Meatloaf (w/LS Mushroom Sauce) Whole Grain Bread, [=] Sage Mashed Potatoes Mesclun Salad Mix Apple or Applesauce [=]*Orange Juice	24 Turkey & Curry Vegetables Bulgur Wheat ***Spinach Salad w/Bell Pepper and Apple Cauliflower & Peas [=]Banana	25 Tuna Salad Cold Plate Mixed Salad Greens w/Leaf Lettuce & Tomatoes <i>Mushroom Soup</i> WG Roll or Bread, *Coleslaw Fresh Pear, Grapes or Plum
28 Oven Fried Chicken Cornbread Green Beans w/Olive Oil **[-]Baked Sweet Potato [=]*Orange or Tangerines or Cantaloupe**	29 Vegetarian Stew w/ Beans and Cheese WG Roll or Bread, Mesclun Salad w/Romaine, Apple & Celery Corn and Peas [=]Banana [=]*Orange Juice	30 Chicken Salad Cold Plate **[-]Mixed Salad Greens w/Leaf Lettuce, Spinach, Kale, Tomatoes and Cucumber <i>Vegetable Soup</i> Whole Grain Bread or Roll [=]*Fresh Fruit Cup w/ Strawberries, Melon, Grapes	31 Beef Tips w/Mushrooms WG Roll or Bread *Coleslaw [=] Garlic Mashed Potatoes Fresh Pear or Peach or Unsweetened Canned	* Meets Vitamin C requirement **Meets Vitamin A requirement for Department of Aging. ***Meets Vitamin A & C [=] Potassium-rich Lunch meets 1/3 requirement for the Recommended Daily Allowance.

