

ONEgeneration Meal Program – Wilkinson Senior Center
JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DOA Requirements: Lunch meets 1/3 of the Recommended Daily Allowance. * Meets Vitamin C **Meets Vitamin A ***Meets Vitamin A & C requirement [=] Potassium-rich	Quiche <u>1</u> (2 eggs, tofu, spinach, mushrooms, cheese garnish) **Broccoli Caesar Salad *Orange Whole Grain Bread	Shepherd's Pie <u>2</u> (ground beef w/ mashed potatoes) **Carrots Mixed Salad Greens w/ French Dressing *Kiwi Whole Grain Roll	July 4th Holiday Menu <u>3</u> BBQ Chicken w/ LS BBQ Sauce *Tri Color Coleslaw LS Baked Beans Fresh Melon Whole Grain Roll Peach Pie	Program Closed <u>4</u> for Independence Day
Savory Beef Stew <u>7</u> (beef cubes, **carrots, celery, onion & LS sauce) Herbed Brussels Sprouts Mashed Potatoes Fresh Fruit in Season *Orange Juice WG Roll Oatmeal Cookie	Enchilada Casserole <u>8</u> (ground turkey w/ cheese garnish, LS salsa verde, w/ corn tortilla) LS Black Beans Mesclun Salad w/ Cilantro Dressing *Kiwi Spanish Brown Rice	Baked Pollack <u>9</u> w/ Lemon Sauce Yellow Squash ***Broccoli Salad Unsweetened Applesauce Barley Pilaf	Chicken Adobo <u>10</u> w/ LS Sauce ***Marinated Bell Pepper & Tomato Fresh or Unsweetened Pear or Peach Spanish Brown Rice	Turkey Caprese Salad <u>11</u> (spinach w/ shredded cabbage, cucumber, tomato, LS garbanzo beans, cheese garnish & pesto dressing) *Strawberries or Cantaloupe Whole Grain Pita Bread
Vegetarian Chili <u>14</u> (LS pinto & kidney beans, LS tomatoes, cheese garnish) **Broccoli Mixed Salad Greens w/ French Dressing *Pineapple & Mango Fruit Cup Whole Grain Bread	Hawaiian Chicken <u>15</u> (LS sauce, water chestnuts & mushrooms, pineapple garnish) Mesclun Salad w/ Ranch Dressing *Cantaloupe or Tangerine Brown Rice	Turkey Milanese <u>16</u> (LS turkey breast w/ LS red sauce & whole grain linguine) Zucchini ***Chopped Mixed Salad w/ Spinach, Kale & Bell Pepper Banana Lemon Pudding	Salmon <u>17</u> w/ LS Dill Sauce Green Beans LS Beet Salad *Orange Whole Grain Roll	Asian Beef Stir Fry <u>18</u> Mixed Asian Vegetables (**broccoli, bell peppers, onions) **Carrot Raisin Salad *Kiwi Brown Rice
Mediterranean Chicken <u>21</u> **Sauteed Spinach LS Tomato & Cucumber Salad w/ Vinaigrette Dressing *Kiwi or Orange Barley w/ Herbs	Spaghetti w/ Meat Sauce <u>22</u> (ground turkey, LS tomato sauce, whole grain spaghetti) Green Beans ***Chopped Salad w/ Kale & French Dressing Fresh or Unsweetened Pear or Peach Chocolate Pudding	Beef Fajita <u>23</u> (w/ peppers & onions) LS Pinto Beans Tossed Green Salad w/ Cilantro Dressing *Cantaloupe or Tangerine Whole Grain Tortilla	LS Roast Turkey <u>24</u> (sliced LS turkey breast w/ LS gravy) **Fresh Baked Yam or Sweet Potato Herbed Brussels Sprouts *Pineapple & Mango Fruit Cup Whole Grain Bread	Baked Fish <u>25</u> w/ Tartar Sauce Herb Roasted Potatoes *Creamy Coleslaw Baked Apple or Applesauce Whole Grain Roll
Korean BBQ <u>28</u> (beef w/ LS Korean BBQ sauce) Herb Zucchini ***Broccoli Salad w/ Sliced Radish Pineapple (in own juice) Herbed Brown Rice	Fish Vera Cruz <u>29</u> LS Black Beans *Creamy Coleslaw Banana Whole Grain Bread or Warm WG Tortilla	Chinese Chicken Salad <u>30</u> w/char sui marinade ***Mixed Salad w/ Kale, Brussels Sprouts, Sesame Dressing & Crunchy Noodle Garnish WG Roll *LS Beet & Orange Salad Fresh Fruit in Season	Stuffed Bell Pepper <u>31</u> (ground beef, barley w/ LS sauce) Green Peas Romaine Salad w/ Tomato & 1000 Island Dressing *Orange or Tangerine Dinner Roll Oatmeal Cookie	Suggested voluntary contribution – \$3.00 per meal NOTE: Menu is subject to change without notice.