

ONEgeneration Meal Program – Wilkinson Senior Center

JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DOA Requirements: Lunch meets 1/3 requirement for the Recommended Daily Allowance. <i>*Meets Vitamin C requirement **Meets Vitamin A requirement ***Meets Vitamin A & C requirement [=] Potassium-rich</i> Suggested voluntary contribution – \$3.00 per meal NOTE: Menu is subject to change without notice.		Beef Stroganoff <u>1</u> (ground beef w/ LS sauce) **Parslied Carrots Mesclun Salad *Pineapple or Kiwi Whole Grain Noodles	BBQ Chicken <u>2</u> (chicken leg & thigh w/ LS BBQ sauce) *Tricolor Coleslaw LS Baked Beans Fresh Melon Whole Grain Roll Peach Pie	CLOSED <u>3</u> 
Turkey Burger <u>6</u> LS Corn Chowder Lettuce, Tomato, Onion **LS Baked Beans **Carrots *Orange Whole Grain Bun	Savory Beef Stew <u>7</u> (beef cubes, **carrots, celery, onion & garlic) Green Peas & Pearl Onions Mashed Potatoes Fruit Cup WG Roll	Chicken Mole <u>8</u> Squash Medley Spring Salad Mix ***Mango Spanish Brown Rice Warm Tortilla Chocolate Chip or Oatmeal Cookie	Baked Fish <u>9</u> w/ LS garlic marsala sauce LS Garden Veggie Soup LS Herbed Cannellini Beans ***Broccoli Salad Cinnamon Applesauce or Apple WG Pasta	S.W. Chicken Bowl <u>10</u> (*shredded cabbage, mixed salad greens, radish, corn, LS tortilla strips, cheese garnish) LS Lentil Soup *Marinated Bell Pepper & Tomato WG Roll Fresh/Unsweetened Fruit
Vegetarian Chili <u>13</u> (LS pinto & kidney beans, LS tomatoes & cheese garnish) **Broccoli Mixed Salad Greens *Fruit Cup or Kiwi Quinoa Pilaf 	Chinese Chicken Salad <u>14</u> (*mixed salad w/ cabbage, brussels sprouts, mandarins, LS chicken strips, crunchy rice noodle) LS Egg Drop Soup **Carrot Pineapple Slaw Fresh Fruit WG Roll	Potato Crusted Pollock Sandwich (Fish) <u>15</u> LS Cream of Mushroom Soup Lettuce, Tomato, Onion LS Herbed Lentils *Orange Whole Grain Bun	Turkey Meatloaf <u>16</u> Corn ***Spinach & Kale Salad w/ Mandarin Oranges Banana WG Bread Vanilla or Chocolate Pudding	Asian Beef Stir Fry <u>17</u> (beef strips, **mixed Asian vegetables-broccoli, bell peppers, onions) LS Hot & Sour Soup Romaine Salad *Mango Fruit Cup Pineapple Brown Rice 
Tuna Salad <u>20</u> (tuna w/ celery & onion) LS Tomato Basil Soup Herbed Potato Salad *Creamy Coleslaw Baked Apple or Unsweetened Applesauce Whole Grain Roll	WG Linguine w/ Meat Sauce <u>21</u> (ground turkey w/ LS tomato) Broccoli ***Chopped Salad w/ Kale Fresh/Unsweetened Pear or Peach	Tandoori Chicken <u>22</u> (chicken thigh w/ LS sauce) Peas & Corn **Spinach Salad *Pineapple & Mandarin Fruit Cup Wild Rice Pilaf	Beef Fajita <u>23</u> w/ Peppers & Onions LS Fideo Soup LS Pinto Beans Spring Mix Salad *Cantaloupe or Diced Mango WG Warm Tortilla	Greek Chicken Breast <u>24</u> **Roasted Carrots w/ Herbs Dill Cucumber Salad *Orange or Tangerine Quinoa Chocolate Chip or Oatmeal Cookie
Turkey Enchilada Casserole <u>27</u> (tortilla, LS tomato sauce, cheese garnish) LS Pinto or Black Beans Mesclun Mixed Salad ***Mango Fruit Cup Spanish Brown Rice	Beef Meatloaf <u>28</u> LS Mushroom Sauce Rosemary Mashed Potatoes Green Beans w/ Herbs *Orange Whole Grain Roll	Baked Fish Jambalaya <u>29</u> LS Garden Veggie Soup **Carrots Fresh/Unsweetened Plum or Pear ***Broccoli Slaw Brown Rice Pilaf Lemon Pudding 	BBQ Pulled Chicken Sandwiches <u>30</u> Oven Roasted Brussels Sprouts *Chopped Salad w/ Kale Apple WG Roll	Chickpea Curry <u>31</u> (chickpeas, tomato, garlic, onion) **Sweet Potato ***Spinach Salad w/ Mandarin Banana WG Couscous Naan Bread