






JULY 2016 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Each Meal Includes:				1
	<p>* 1/3 of the Required Daily Amounts (RDA) for persons age 70+ * Skim or 1% milk *Condiments as appropriate  Sodium > 800mg</p> <p align="center"><i>Amy Bonas MS RDN LDN</i></p>			Shepherd's Pie Asparagus Apple Raisin Salad Royal Brownie WW Bread
4	5	6	7	8
	 Goulash Spinach WW Garlic Bread Oatmeal Fruit Bar Banana half	Salisbury Ground Beef Mashed Potatoes Peas and carrots Mixed Fruit Cranberry Juice	COOK'S CHOICE	Lemon Herb Chicken Rice Pilaf Broccoli Strawberries & Bananas Tomato Juice
11	12	13	14	15
Tater Tot Casserole Tossed Salad Apple Slices Oatmeal Fruit Bar OJ	Egg Salad on Bun Vegetable Soup Potato Salad Royal Brownie Cantaloupe	Roast Turkey Potatoes & Gravy Spinach Au Gratin Blushing Pears	Chicken Breast Sandwich Macaroni Salad Tomato Spoon Salad Fruit Cup	Crunchy Pollock Roasted Red Potatoes Broccoli Strawberry-Rhubarb Crisp w/ Ice Cream WW Roll
18	19	20	21	22
Liver & Onions -OR- Beef Patty Boiled Potatoes w/gravy Mixed Vegetables Strawberries and bananas WW Roll	COOK'S CHOICE	Meat Loaf Baked Potato Harvard Beets Cranberry/Pear Crisp Orange Juice	Baked Chicken Baked Beans Asparagus Apricots	Tuna & Noodles Peas Creamy Cole Slaw Cinnamon Apples Orange Wedges
25	26	27	28	29
Crunchy Pollock Potato Wedges Peas Chocolate Cream Pie Peaches	 Ham Loaf Roasted Red Potatoes California Blend Raisin Rice Pudding	Cheese Burger WW Bun Santa Fe Corn Baby Carrots Plums OJ	Golden Baked Chicken Potatoes w/ Gravy Garden Beans Fruit Cup WW Roll	Porcupine Meatballs Mashed Potatoes Spinach Strawberries & Bananas OJ