




JULY 2017 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Sloppy Joe on WW Bun Potato Wedges Brussel Sprouts with Cranberries Tapioca Pudding		Salisbury Ground Beef Mashed Potatoes Carrots Mixed Fruit Cranberry Juice	COOK'S CHOICE	Lemon Herb Chicken Rice Pilaf Broccoli Strawberries & Bananas Tomato Juice
10	11	12	13	14
Tater Tot Casserole Tossed Salad Apple Slices Oatmeal Fruit Bar OJ	Egg Salad on Bun Tomato Spoon Salad Potato Salad Royal Brownie Cantaloupe	Roast Turkey Potatoes & Gravy Spinach Au Gratin Blushing Pears	Baked Chicken Baked Beans Asparagus Orange Wedges WW Roll	Crunchy Pollock Roasted Red Potatoes Broccoli Strawberry-Rhubarb Crisp w/ Ice Cream WW Roll
17	18	19	20	21
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	Tuna & Noodles Broccoli Creamy Cole Slaw Cinnamon Apples Apricots	Chicken, Orange and Almond Salad Raisin Bran Muffin Fruit Cup Chocolate Pudding
24	25	26	27	28
Crunchy Pollock Potato Wedges Peas Chocolate Pudding 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 Brussel Sprouts Strawberries & Bananas
31	Each Meal Includes:			
Hot Pork Sandwich w/ WW Bread and Potatoes w/Gravy Carrots & Broccoli Oatmeal Raisin Bar	* 1/3 of the Required Daily Amounts (RDA) for persons age 70+ *Milk * Condiments as appropriate * Sodium >800mg 			 <i>Amy B Jones MS RDN LDN</i>