

## July Seniors' CHOICE menu 2019

	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
BOX					
LUNCH	<b>Spaghetti &amp; Meatballs - 9035</b> <i>(ch b) cheese ravioli - ch7030</i> w/ Marinara Italian Vegetables Spinach / Vinegar Strawberry Applesauce Parmesan Cheese Diet: same	<b>turkey Ham &amp; Beans - 9062</b> <i>(ch b) chicken stew ch7022</i> Mixed Vegetables (2 servings) Cornbread / Margarine Fruit Punch 100% Animal Crackers Diet: same	<b>4th of July Celebration</b> <b>Hamburger - 9071</b> <i>(ch b) sliced deli ham ch7005</i> w/ Swiss American Cheese slice Baked Beans Broccoli Bun Pineapple Mustard / Ketchup Diet: same	 	<b>Chicken Alfredo over Spaghetti - 9065</b> <i>(ch b) beef &amp; noodles w/gravy ch7052</i> Broccoli Carrots Cinnamon Apples Diet: same
WEEK					
7 BOX					
LUNCH	<b>Baked Chicken w/ Gravy - 9075</b> <i>(ch b) roast turkey w/gravy ch7003</i> Herb Dressing Broccoli Cauliflower Wheat Bread / Margarine Applesauce Diet: same	<b>Beef Vegetable Stew - 9001</b> <i>(ch b) chicken stew ch7022</i> <b>w/ peas, carrots, &amp; red skin potatoes</b> Green Beans (2 servings) Dinner Roll / Margarine Pineapple Orange Juice 100% Sponge Cake Diet: same	<b>Chicken Salad Sandwich on Wheat - 9047</b> <i>(ch b) ham salad sandwich on wheat ch7057</i> Potato Salad Cole Slaw Peaches Diet: same	<b>Lemon Pepper Fish - 9033</b> <b>w/ Tartar Sauce</b> (ch b) chicken tenders ch7009 Brown Rice Scandinavian Veggies (2 servings) Dinner Roll / Margarine Fruit Cocktail Diet: same	<b>Pork Cutlet w/Gravy - 9003</b> <i>(ch b) chicken w/gravy ch7008</i> Green Beans Beets Wheat Bread / Margarine Apple Juice 100% Elf Grahams Diet: same
WEEK1 BOX					
LUNCH	<b>Stuffed Cabbage Roll w/Marinara - 9077</b> <i>(ch b) cheese pizza ch7043</i> Peas & Onions Sliced Yellow Squash White Bread / Margarine Cinnamon Applesauce Diet: same	<b>Grilled Chicken w/BBQ Sauce - 9049</b> <i>(ch b) hamburger ch7006</i> Potato Wedges Cheesy Broccoli Bun Peaches Diet: same	<b>Meatloaf w/ Gravy - 9072</b> <i>(ch b) chicken w/ gravy ch7008</i> Mashed Potatoes Carrots Wheat Bread (2 slices) Margarine Fruit Cocktail Diet: same	<b>Summer Salad - 9070</b> w/ diced Eggs, Shredded Cheese, Grape Tomatoes, Broccoli Floret, Unsalted Saltine Crackers (2 pk) Ranch Dressing <i>(ch b) spaghetti &amp; meatballs w/ marinara italian vegetables, spinach ch7015</i> Orange Juice 100% Cinnamon Teddy Grahams Diet: same	<b>Happy July Birthday</b> <b>Italian Chicken - 9042</b> <i>(ch b) fried steak italiano - ch7011</i> <b>w/ No Salt Added Marinara</b> Spaghetti Italian Vegetables Peas Grape Juice 100% Chocolate Cake Diet: same
WEEK2 BOX					
LUNCH	 <b>Chicken &amp; Potato Casserole - 9315</b> <i>(ch b) roast beef &amp; gravy ch7025</i> Broccoli (2 servings) Wheat Bread (2 slices) Margarine Peaches Diet: same	<b>Smoked Turkey Sausage w/ Sauerkraut - 9055</b> <i>(ch b) meatloaf w/ gravy ch7016</i> Mashed Potatoes Green Beans Rye Bread (2 pcs) Fruit Cocktail Mustard / Ketchup Diet: same	<b>Ham Sandwich on White - 9125</b> <i>(ch b) roast beef sandwich on white ch7031</i> Tomato Soup w/Crackers (cong only) 3 Bean Salad Potato Salad Mandarin Oranges Mustard (for ham only) Horseradish (for roast beef only) Diet: same	<b>Cinci Four-Way - 9112</b> <i>(ch b) spaghetti w/ marinara ch7055</i> Kidney Beans Broccoli Cheddar Cheese Oyster Crackers Applesauce Diet: same	<b>BBQ Beef - 9051</b> <i>(ch b) grilled chicken brst ch7026</i> Creamy Vegetable Soup (cong only) Peas & Onions Potato Wedges Peas Bun Diet: same
WEEK3 BOX					
LUNCH	<b>Chili w/Spaghetti - 9064</b> <i>(ch b) spaghetti w/ marinara ch7055</i> Vegetable Medley (2 servings) Cheddar Cheese Unsalted Saltine Crackers (2 pk) Peas Diet: same	<b>Hawaiian Pineapple Ham - 9094</b> <i>(ch b) pineapple topped chicken ch7013</i> Whipped Sweet Potatoes Peas Wheat Bread (2 slices) Margarine Mandarin Oranges Diet: same	<b>Chicken Tikka Masala - 9110</b> <i>(ch b) beef &amp; rice w/gravy ch7041</i> Brown Rice Carrots Broccoli Orange Juice 100% Chocolate Chip Cookie Diet: same	 Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea.), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)	
WEEK4 BOX					