



HOME DELIVERED MEAL MENU - July 2023

Nutrition, Inc.

July 3 Roast Beef & Gravy Buttered Noodles Mixed Veggies Wheat Bread Pineapple Tidbits Cookie	July 4 Cabbage Roll & Tomato Sauce Garlic Whipped Potatoes Carrots Dinner Roll Fruit Cup	July 5 Tuscan Chicken Breast Parsley Potatoes Green Beans White Bread Fresh Seasonal Fruit Cookie	July 6 Salisbury Steak w/Mushroom Gravy Seasoned Potatoes Broccoli Wheat Bread Gelatin	July 7 Fiesta Chicken Breast w/Salsa & Cheddar Cheese Cilantro Lime Rice Black & Gold Corn Fresh Fruit
July 10 Pork Loin w/Gravy Scalloped Potatoes Broccoli White Bread Cookie	July 11 Sweet & Sour Chicken w/Sauce White Rice Stir Fry Veggies Wheat Bread Mixed Fruit	July 12 Beef Tips w/Gravy Horseradish Whipped Potatoes Corn Wheat Bread Fresh Fruit	July 13 Chicken & Dumplings Seasoned Potatoes Yellow Beans Wheat Bread Fresh Fruit	July 14 Meatballs w/Gravy Buttered Noodles Peas Wheat Bread Mandarin Oranges
July 17 Chicken Cutlet Cheesy Potatoes Carrots White Bread Gelatin	July 18 Lasagna w/Vegetable Cream Sauce Italian Green Beans Dinner Roll Warm Apple Crisp	July 19 Pepper Steak w/Gravy Cabbage & Noodles Peas Wheat Bread Fresh Fruit	July 20 Meatball Hoagie Home Fries Green Beans Pineapple Tidbits	July 21 Breaded Fish Macaroni & Cheese Stewed Tomatoes Wheat Bread Fresh Fruit
July 24 Pasta & Meatballs Italian Green Beans White Bread Mandarin Oranges	July 25 Cheeseburger Seasoned Potatoes Peas Hamburger Roll Peaches	July 26 White Chicken Chili Carrots Brown Rice Fresh Fruit	July 27 Egg Frittata w/Ham, Peppers & Cheese Home Fries w/Cheese Mini Biscuit Fresh Fruit	July 28 Potato Crusted Fish Cheesy Whipped Potatoes Mixed Veggies White Bread Fruit Cup
July 31 Herb Roasted Chicken Breast w/Gravy Peas & Carrots Brussels Sprouts White Bread Cookie				

All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency.

Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.