

# Meal Site Menu

# July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Macaroni w/Tomato, Seasoned Turnip Greens, Grape Juice, Texas Toast, Oatmeal Raisin Cookie, & Milk	3 Pork Ribblett, BBQ Sauce, Green Peas, Whipped Sweet Potatoes, Hamburger Bun, Fresh Apple, Pickle Slices, & Milk	4 <b>CLOSED</b>	5 Chicken Chef Salad, Black-eyed Pea Salad, Broccoli Raisin Salad, Spinach Romaine Salad Greens, Saltine Crackers, Apple Pie, Fat Free Ranch Dressing, & Milk	6 Swiss Style Beef Patty, Mashed Potatoes, Mixed Fruit, Succotash, White Dinner Roll, & Milk
9 Waikiki Chicken, Rice Pilaf, Country Cottage Blend, Fresh Orange, Whole Wheat Bread, Birthday Cake, & Milk	10 Hot Dog w/Chili, Slaw, Ranch Beans, Hot Dog Bun, Orange Tangerine Juice, Fruit & Grain Bar & Milk	11 Egg Salad, Green Pea Salad, Marinated Broccoli Salad, Whole Wheat Bread (2 slices), Cranberry Juice, & Milk	12 Hamburger, American Cheese, Carrots, Lettuce & Pickles, Hamburger Bun, Peach Cobbler, Ketchup, & Milk	13 BBQ Bone In Chicken, Ranch Beans, Fruit Punch, Seasoned Turnip Greens, White Bread, Banana, & Milk
16 Beef Patty, Pepper & Onion Gravy, Seasoned Collard Greens, Black-eyed Peas, White Dinner Roll, Pineapple Tidbits, Margarine, & Milk	17 Chicken Fettuccini, Italian Squash, Carrots, Rye Bread, Rocky Road Pudding, & Milk	18 Italian Sandwich, Fresh Orange, Lettuce & Tomato, Hoagie Bun, Apple Cinnamon Bar, & Milk	19 BBQ Pulled Pork, Baked Beans, Confetti Cole Slaw, Hamburger Bun, & Milk	20 Spaghetti w/Meat Sauce, Broccoli, Whole Wheat Bread, Blueberry Cake, Tossed Salad, Italian Dressing, & Milk
23 Sliced Ham, Sweet Potatoes and Apples, Pinto Beans, Apple Juice, White Dinner Roll, Vanilla Pudding, Margarine, & Milk	24 Sloppy Joe, Baked Beans, Hamburger Bun, Cole Slaw, Pineapple Crisp & Milk	25 Bourbon Chicken Salad, Macaroni Salad, Orange-Tangerine Juice, Cucumber Tomato Salad, Captain's Wafers, LD Banana Marshmallow Pie & Milk	26 A-1 Chopped steak, Brown Gravy, Mashed Potatoes, Mixed Vegetables, White Dinner Roll, Fresh Banana, & Milk	27 Sausage w/Onions & Peppers, Scalloped Potatoes, Southern /green Beans, Applesauce, Hot Dog Bun, Yellow Mustard, & Milk
30 Beef Macaroni w/Tomato, Seasoned Turnip Greens, Grape Juice, Texas Toast, Oatmeal Raisin Cookie, & Milk	31 Pork Ribblett, BBQ Sauce, Green Peas, Whipped Sweet Potatoes, Hamburger Bun, Fresh Apple, Pickle Slices, & Milk		<b>Do you or loved ones have Medicare? SHIP can help if you questions. 1-855-408-1212 or 410-1135</b>	<b>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the Senior Centers.</b>