
















July is:		<b>CARENET</b>	1-Jul	2-Jul
National Baked Bean Month National Ice Cream Month Lasagna Awareness Month National Pickle Month 		Available <b>NOW</b> at Nutrition & Services for Seniors Emergency Response System Contact Jackie at 892-4455 or 722-7782 <b>ONLY \$30 a Month</b>	Hamburger Steak w/Mushroom Gravy Rosemary Whipped Potatoes Collard Greens Wheat Roll Poke Cake Build a Scarecrow Day 	Baked Fish w/Dilled Sauce Stewed Tomatoes Seasoned Carrot Coins Wheat Bread Mandarin Oranges Stay out of the sun day 
5-Jul	6-Jul	7-Jul	8-Jul	9-Jul
Closed July 4 Holiday 	Sweet & Sour Pork Tips Rice Florentine Brussels Sprouts Wheat Bread Orange National Fried Chicken Day 	Oven Fried Boneless Chicken Macaroni & Cheese Squash Medley Cornbread Jell-O w/Fruit Cocktail National Strawberry Sundae Day 	Turkey w/Dressing & Poultry Gravy Mashed Potatoes Green Beans Amandine Wheat Roll Banana Cake Video Games Day 	Cheese Ziti Italian Mixed Vegetables Green Salad w/Tomatoes French Bread Hot Spiced Peaches w/Berries National Sugar Cookie Day 
12-Jul	13-Jul	14-Jul	15-Jul	16-Jul
Beef Stroganoff over Macaroni Steamed Broccoli Glazed Carrots Wheat Bread Heavenly Ambrosia National Pecan Pie Day 	Cheeseburger w/Works Crispy Potato Cubes Green Peas Wheat Bun Apple National French Fries Day 	<b>**Meal of the Month**</b> Chicken Cacciatore Mixed Rice Pilaf Italian Mixed Vegetables Bread Stick Mocha Cake Macaroni Day 	Glazed Sliced Ham w/Raisin Sauce Whipped Sweet Potatoes Squash Medley Wheat Bread Snickerdoodle Cookie Respect Canada Day 	Cheese Omelet w/Salsa Ranch Style Beans Mixed Greens Wheat Bread Lime Fluff International Juggling Day 
19-Jul	20-Jul	21-Jul	22-Jul	23-Jul
Deviled Pork Patty Seasoned Potatoes California Mixed Vegetables Hoagie Bun Iced Marble Cake National Daiquiri Day 	Chicken & Sausage Jambalaya Okra & Tomatoes Sautéed Mustard Greens Wheat Roll Bread Pudding w/Vanilla Sauce Ugly Truck Contest Day 	Chicken Paprika Garlic Mashed Potatoes Cucumber & Tomato Salad Wheat Bread Peach Cobbler National Tug-Of-War Day 	Swiss Steak Seasoned Black-eyed Peas Squash Casserole Wheat Bread Banana Rat Catcher's Day 	Lemon Pepper Fish w/Tartar Sauce Creole Corn Celery Seasoned Cabbage Cornbread Blonde Brownie Vanilla Ice Cream Day 
26-Jul	27-Jul	28-Jul	29-Jul	30-Jul
Chicken Fried Chicken Whipped Potatoes Seasoned Green Beans Wheat Roll Jell-O w/Fruit National Coffee Milkshake Day 	Tuscan Pork Stew Yam Patty Steamed Zucchini Cornbread Chocolate Chip Cookie Take Your Pants for a Walk Day 	Turkey Tetrazzini Peas & Mushrooms Capri Mixed Vegetables Italian Bread Orange National Milk Chocolate Day 	Vegetarian Chili w/Cheese & Onions Seasoned Mixed Greens Garden Salad Wheat Bread Fruit Compote National Lasagna Day 	Swedish Meatballs over Combination Rice Dilled Lima Beans & Carrots Sautéed Spinach Wheat Bread Birthday Poke Cake National Cheesecake Day 

MARGARINE AND MILK ARE SERVED WITH EACH MEAL.  
SUBSTITUTIONS MAY BE MADE DUE TO DELIVERY OF PRODUCTS.  
DIABETIC MEALS MAY DIFFER.