

JULY 2021



Nutrition & Services for Seniors



Mon	Tue	Wed	Thu	Fri
CARENET Available @NSS Emergency Response Systems Contact Lottie 409.892.4455 ONLY \$30.00 / MONTH			1 *6 Pork Roast w/Gravy Mashed Potatoes Steamed Broccoli Roll, Diced Peaches, Milk	2 *4 Chicken Paprika, Cabbage, Peas & Carrots, Roll, Yogurt, Juice
5 CLOSED <i>in</i> Observance of July 4	6 *5 Crab Cakes, Tartar Sauce, Parsley Potatoes, Okra & Tomatoes, Roll, Applesauce, Juice	7 *5 Beef Stroganoff w/ Noodles, Zucchini, Roll, Chocolate Pudding, Juice	8 *5 Chicken Divan, Brown Rice, Cauliflower w/ Red Peppers, Roll, Oatmeal Raisin Cookie, Milk	9 *5 Ham Slice w/Black Eye Peas, Collard Greens, Cornbread, Ambrosia, Milk
12 *5 Spaghetti w/Meat Sauce and Parmesan, Spinach, Bread- stick, Spiced Peaches, Juice.	13 *5 Chicken Chili, Rice, Capri Blend Veggies, Cornbread, Diced Pears, Milk	14 *5 Beef Broccoli Stir Fry, Brown Rice, Yellow Squash, Roll, Raisins, Juice	15 *5 Chicken Fajitas w/ Peppers & Onions, Pinto Beans, Spanish Rice, Tortilla, Vanilla Pudding, Milk	16 *6 Beef Tips w/Gravy, Rice, Broccoli, Roll, Fresh Oranges, Juice
19 *5 Baked Chicken Thigh, Green Beans w/Diced Potatoes, Cauliflower w/Red Peppers, Roll, Blueberry Muffin, Juice	20 *4 Chicken Parmesan w/Pasta, Italian Mixed Veggies, Pear Crisp, Milk	21 *5 Cheese Omelet w/Salsa, Seasoned Potatoes, Pinto Beans, Biscuit, Applesauce, Juice	22 *4 Cabbage Roll, Cali Blend Veggies, Roll, Fruit Cup, Milk	23 *6 Ham, Hash Brown Potato Casserole, Turnip Greens, Roll, Fresh Ap- ple, Juice
26 *5 Chicken Strips w/Honey Mus- tard, Green Peas, Mashed Po- tatoes, Yogurt, Juice	27 *5 Sausage w/White Beans, Cali Blend Veggies, Cornbread, Orange Slices, Milk	26 *5 Chicken Pot Pie, Brussels Sprouts, Biscuit, Jello w/ Pineapple, Juice	29 *4 Tuna Salad on Lettuce, Tomato & Onion, Broccoli Salad, Pita Bread, Muffins, Milk	30 *5 Hamburger Steak w/ Gravy, Rice, Carrots, Roll, Diced Pears, Juice

*** Indicates Carb Exchanges**

Milk or Juice served with each meal.
Substitutions may be made due to delivery of products.