

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Salisbury Steak w/ Mushroom Gravy Red Skinned Potato Broccoli Rice Pudding w/ Raisins 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	2 Vegetable Lasagna w/ white sauce Carrots Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
<b>5</b> <b>CLOSED FOR</b> <b>INDEPENDENCE</b> <b>DAY</b>	<b>6</b> Chili Crackers Brussel Sprouts Rice Pudding w/ raisins 100% Whole Wheat Dinner roll Promise Margarine 1% Milk Grape Juice	<b>7</b> Ham Salad Served on lettuce Tomato slice Hard boiled egg Carrot Raisin Salad 100% Whole Wheat Dinner roll Promise Margarine 1% Milk Apple Juice	<b>8</b> Hawaiian chicken w/ Hawaiian Sauce Sour Cream Potato Seasoned Lima Beans Summer Fruit Salad 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	<b>9</b> Fish Mornay w/ Mornay Sauce Tri Colored Rotini Beets Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice
<b>12</b> Meatball Sub w/ sauce Waxed Beans Mandarin Oranges W/W Hot Dog Bun Promise Margarine 1% Milk Grape Juice	<b>13</b> Summer Chicken w/ Summer sauce Honey Roasted Sweet Potato Cauliflower Mixed Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>14</b> Tuna Salad Served on lettuce 3 Bean salad Peaches 100% Whole Wheat Dinner roll Promise Margarine 1% Milk Orange Juice	<b>15</b> Lime Pork W/ Sauce Potato Salad Beets Applesauce 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	<b>16</b> Macaroni & Cheese Stewed Tomatoes Vanilla Yogurt w/ fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice
<b>19</b> Peach Glazed Pork w/ peach sauce Mashed Potato 5 Way Vegetable Seedless Grapes 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	<b>20</b> Sloppy Joe Supreme Carrots Pears 100% W/W Hamburger Bun Promise Margarine 1% Milk Orange Juice	<b>21</b> Chicken Salad served on lettuce w/ mayo Swiss Cheese Marinated Tomatoes & Green Pepper Watermelon 100% Whole Wheat Dinner Roll 1% Milk Grape Juice	<b>22</b> Beef Stroganoff Spiral Pasta Summer Squash Medley Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	<b>23</b> White Fish w/dill sauce Brown Rice Season White/Green Beans Coleslaw w/ pineapple Corn Muffin Promise Margarine 1% Milk Orange Juice
<b>26</b> Ham Scalloped Potatoes Peas & Carrots Cantaloupe Cubes 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>27</b> Stuffed Peppers w/ sauce Rotini Pasta Sicilian Blend Vegetable Fruit cocktail 100% W/W Bread Promise Margarine 1% Milk Apple Juice	<b>28</b> Egg Salad on shredded lettuce Macaroni Salad Fresh Broccoli Salad Cinnamon Pears 100% W/ W Hamburger Bun Promise Margarine 1% Milk Orange Juice	<b>29</b> BBQ Pulled Pork Baked Beans Coleslaw Strawberries w/ topping Whole Wheat Hamburger Bun Promise Margarine 1% Milk Grape Juice	<b>30</b> Lemon Pepper Chicken Pasta Salad Cucumber & Tomato Salad Applesauce Whole Wheat Bread Promise Margarine 1% Milk Grape Juice

**Menu subject to change without notice.**

Voluntary donations are very important to maintain the program. The suggested contribution per meal is \$4.00. We gladly accept Food Stamps, cash, or checks paid daily, weekly or monthly. Thank you.  
If you are not yet 60, there is a charge of \$8.00 per meal. See your site coordinator.

**Substitutions can be made for the entrée meal only. Please call at least 2 days in advance with your choice.**

- A. Meatloaf with yams and green beans**
- B. Meatballs with mashed potatoes and broccoli**
- C. Grilled chicken with white potatoes and carrots**
- D. Hamburger Patty with rice and mixed vegetables**