


**July 24
Yates Home Delivered**

All meals served with 1% Milk, Juice, Bread, & Butter

Menu & Activities Subject To Change

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Meatloaf w/ Onion Gravy Pineapple Tidbits Mashed Sweet Potato, Garden Peas Grape Juice, W/W Bread	2	Beef Patty w/Lettuce, Tomato & Onion Carrots Mixed Berries Apple Juice, Hamburger Bun	3	Dijon Chicken, Pasta Zucchini w/Tomato Tropical Fruit Grape Juice, W/W Bread	4	 CLOSED For 4th of July	5	Vegetable Lasagna Broccoli, Applesauce Orange Juice, W/W Bread
8	Peach Glazed Pork w/ Peach Sauce Mashed Potato, 5 Way Vegetable Seedless Grapes Apple Juice, W/W Bread	9	Chili Cauliflower Rice Pudding w/Raisins Grape Juice, W/W Roll	10	Ham Salad w/ Shredded Lettuce Cucumber & Tomato Salad Watermelon Apple Juice, W/W Roll	11	Hawaiian Chicken w/ Hawaiian Sauce Sour Cream Potatoes Steamed Spinach, Summer Citrus Salad Orange Juice, W/W Bread	12	Swiss Steak w/Sauce Egg Noodles, Capris Blend Fruited Jello Grape Juice, W/W Bread
15	Meatball Sub w/Marinara Wax Beans Mandarin Oranges Grape Juice, W/W Hot dog Bun	16	Summer Chicken w/Summer Sauce Honey Roasted Sweet Potato Cauliflower, Mixed Fruit Apple Juice, W/W Bread	17	Tuna Salad w/ Shredded Lettuce 3 Bean Salad Peaches Orange Juice, Dinner Roll	18	Shaved Meat Cabbage and Carrot Slaw Apple Grape Juice, W/W Bread	19	Macaroni & Cheese Stewed Tomatoes Mixed Fruit w/ Yogurt Orange Juice, W/W Bread
22	Ham w/ Pasta Asparagus Cantaloupe Cubes Grape Juice, W/W Bread	23	Sloppy Tom Supreme Carrots Tropical Fruit Salad Apple Juice, W/W Bun	24	Hot Dog Bahama Blend Vegetables Berries w/ Yogurt Orange Juice, W/W Hot Dog Roll	25	Beef Stroganoff w/ Spiral Pasta Summer Squash Medley Mandarin Oranges Grape Juice, W/W Bread	26	Italian Sausage w/ Peppers & Onions Chuckwagon Corn, Melon Apple Juice W/W Hot Dog Bun
29	Stuffed Shells w/ Italian Sauce Zucchini Cinnamon Pears Grape Juice, W/W Roll	30	Taco Meal w/ Salsa Ground Beef, Brown Rice, Beans Peppers & Onions, Diced Tomatoes Pineapple Tidbits Apple Juice, W/W Tortilla Shell	31	Egg Salad w/ Shredded Lettuce Broccoli Raisin Salad Berries Orange Juice, W/W Hamburger Bun	1	BBQ Pulled Pork Baked Beans, Coleslaw Strawberries w/ Whipped Topping Grape Juice, W/W Hamburger Bun	2	Lemon Pepper Chicken Red Skinned Potato Summer Squash, Peaches Apple Juice, W/W Bread
Call Senior Nutrition 315-536-6038 If you have an allergy please notify us!		Sub Meals A. Mac & Cheese w/ Stewed Tomatoes B. Chicken w/Gravy, Mashed Potatoes, Carrots C. Meatloaf w/Gravy, Yams, Green Beans D. Ham, Mashed Potatoes, Spinach				<p align="center"><u>Meal Contributions</u></p> <p align="center">Voluntary donations are very important to maintain the program</p> <p align="center">* \$4.00 Suggested Contribution for Seniors 60 +</p> <p align="center">We gladly accept Food Stamps, Cash or Checks</p>			