

CONGREGATE MEAL MENU - JULY 2018

MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Pulled BBQ Chicken Ranch Potato Wedges Green Beans Whole Grain Bun Green Grapes Milk</p>	<p>3</p> <p>Grilled Turkey Burger Leaf Lettuce & Sliced Tomatoes Sweet Potato Puffs Wheat Bun Mayo & Mustard Honey Dew Melon Milk</p>	<p>4</p> <p>GCCARD OFFICE CLOSED</p>  <p>Happy 4th of July!</p>	<p>5</p> <p>Meatball Sub Sandwich W/Swiss Cheese Baby Carrots Key West Vegetables Fresh Peach Sub Bun Milk</p>	<p>6</p> <p>Baked Cod w/Lemon Juice Au Gratin Potatoes Cole Slaw Corn Muffin Margarine Golden Apple Milk</p>
<p>9</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Kyoto Vegetable Blend Hawaiian Dinner Roll Margarine Fresh Plum Milk</p>	<p>10</p> <p>Chunky Tuna Salad Green Leaf Lettuce Sliced Tomatoes Marinated Beet Salad Fresh Banana Milk</p>	<p>11</p> <p>Chicken w/Mushroom Sauce French-Style Green Beans Belgian Carrots Potato Roll w/Margarine Fruit Cocktail Milk</p>	<p>12</p> <p>Vegetable Lasagna Cozumel Vegetable Blend Tossed Salad w/Tomatoes Fresh Apple Potato Roll Margarine Milk</p> 	<p>13</p> <p>Chicken Philly w/Cheese Potato wedges Vegetable Blend Wheat Sub Bun Pineapple Chunks Milk</p>
<p>16</p> <p>Sloppy Joe Diced Potatoes Winter Blend Vegetables Wheat Bun Fresh Red Grapes Milk</p>	<p>17</p> <p>Beef Pasty w/Gravy Sliced Carrots Tossed Salad W/Cherry Tomatoes Salad Dressing Fresh Orange Milk</p>	<p>18</p> <p>Cheese Burger Broccoli Florets Mixed Vegetables Whole Wheat Bun Tropical Fruit Salad Milk</p>	<p>19</p> <p>Spaghetti & Meatballs In Sauce Italian Mixed Vegetables Green Beans Sliced Italian Bread Margarine Sliced Pears Birthday Cake Milk</p> 	<p>20</p> <p>Chicken Breast Redskin Potato Salad European Vegetables Wheat Bun Diced Peaches Milk</p>
<p>23</p> <p>Boneless Chicken Wings Whole Kennel Corn Peas Potato Roll w/Margarine Fresh Peach Milk</p>	<p>24</p> <p>Home Made Chicken Salad Tossed Salad W/Cherry Tomatoes Three Bean Salad Fresh Fruit Salad Sliced Wheat Croissant Milk Cookie of The Month</p> 	<p>25</p> <p>Philly Cheese Steak Broccoli Florets Cauliflower Wheat Sub Bun Fresh Pear Milk</p>	<p>26</p> <p>BBQ Turkey Burger Pasta Vegetable Salad Green Beans Fruit Salad Hamburger Bun Mayo & Mustard Milk</p>	<p>27</p> <p>Baked Macaroni & Cheese Vegetable blend Stewed Tomatoes Fresh Banana Potato Rolls Margarine Milk</p>
<p>30</p> <p>Ravioli W/Beef & Sauce Italian Blend Vegetables Roasted Corn & Black Bean Blend Bread Sticks Margarine applesauce Milk</p>	<p>31</p> <p>Mesquite Grilled Chicken Yams & Apples Steamed Spinach Sliced Wheat Bread w/Margarine Jell-O W/Fruit Juice Milk</p>			