

AGING & DISABILITY RESOURCE CENTER

July 2024

Monday	Tuesday	Wednesday		Thursday	Friday
1 Hot Dog on a Bun Tater Tots	Sausage & Egg Breakfast Sandwich Hash Browns	Chicken Alfredo Whole Grain Dinner Roll	3		Chef's Salad Apple Cinnamon Muffin
				Litth & Asset	1
Baked Beans	Warm Spiced Peaches	Carrots Mixed Fruit		AUR.	w/ Apple Jelly
Cherry Tomatoes w/ Ranch	Fruit Juice				Banana
Lorna Doone Shortbread Cookies	Granola Bar	Oatmeal Raisin Cookie		A CONTRACTOR OF THE PARTY OF TH	Pudding
8		9	10	11	12
Swedish Meatballs	Hearty Minestrone Soup	Roast Beef w/ Gravy	Sweet & S	Sour Chicken Stir Fry	Glazed Ham
Whole Wheat Dinner Roll	Seafood Salad Sandwich	Whole Grain Dinner Roll	Whole Gra	in Dinner Roll	Whole Wheat Bread
Whole Wheat Pasta	Lettuce & Tomato	Mashed Potatoes	Vegetable	Fried Rice	Baked Beans
Broccoli	Garden Salad	Glazed Carrots	Green Bea	nns	Cucumber & Onion Salad
Mixed Fruit	Fruited Gelatin	Mixed Berries	Pineapple	& Mandarin Oranges	Blueberry Pie
			Lemon Co	okies	
	1	16	17	18	19
Pasta w/ Meat Sauce	Seasoned Chicken Breast	Hamburger	Citrus Her	b Pork Chop	Cod Sandwich
Garlic Herb Breadstick	Whole Grain Dinner Roll	Lettuce & Tomato	Whole Wh	•	Tater Tots
Italian Vegetable Blend	BBQ Black Beans	Roasted Potatoes		shed Sweet Potatoes	Irish Vegetable Blend
Garden Salad	Roasted Corn	Carrots	Creamy Co		Mixed Fruit & Cottage Cheese
Fresh Seasonal Fruit	Mandarin Oranges	Rice Crispy Bar	Fudge Bro		
	Chocolate Chip Cookies		l adge 2.0		
22		23	24	25	26
BBQ Shredded Pork Sandwich	Hot Ham & Swiss Croissant	Chicken Stroganoff	Tacos		Cream of Broccoli Soup
Rice w/ Broccoli & Cheese Sauce	Parsley Red Potatoes	Whole Grain Dinner Roll	Shredded	Lettuce &	Egg Salad Sandwich
Garden Salad	Carrots	Egg Noodles	Diced To	omatoes	Lettuce & Tomato
Diced Pears	Coleslaw Vinaigrette	Peas	Refried Be	ans	Hummus w/ Carrots
	Oatmeal Cookies	Pickled Beets	Cinnamon	Apples	String Cheese
		Orange	Yellow Cal	• •	
29		30	31		
Chicken & Ham Jambalaya	BBQ Peach Roast Pork	Bratwurst on a Bun			Suggested Contribution:
Whole Grain Dinner Roll	Whole Wheat Bread	Hot German Potato Salad	estato vide	40-10	\$5/meal.
Corn	Mashed Sweet Potatoes	Mixed Vegetables			φο/moαi.
Garden Salad	Irish Vegetable Blend	Garden Salad	200		Please pay as much as you can
Peach Fluff	Fresh Cantaloupe	Poke Cake			afford. We rely on donations to
. 55511 1511					keep the program going.
All Meals are Served with 1% Milk Due to	circumstances beyond our control, menu ch			The same of the sa	

Suggested Contribution: \$5/meal | Please pay as much as you can afford, as we rely on donations from participants to keep the program going.