



# AGING & DISABILITY RESOURCE CENTER

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>	<b>3</b>
		<b>Chicken Alfredo with Penne Pasta</b> Whole Grain Dinner Roll Glazed Carrots Mixed Fruit Oatmeal Raisin Cookie	<b>Chef's Salad</b> Strawberry Banana Yogurt Banana Zucchini Muffin	<b>CLOSED</b> Happy 4th of July!
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Swedish Meatballs</b> Egg Noodles Whole Grain Dinner Roll Seasoned Broccoli Mixed Fruit	<b>Seafood Salad Sandwich</b> Calico Coleslaw Vinaigrette Black Bean & Corn Quinoa Salad Mixed Berries	<b>Roast Beef with Gravy</b> Whole Grain Dinner Roll Mashed Potatoes Glazed Carrots Fruited Gelatin w/ Mandarin Oranges	<b>Baked Macaroni &amp; Cheese w/ BBQ Chicken</b> Whole Grain Dinner Roll Seasoned Green Beans Zucchini & Tomatoes Pineapple & Mandarin Oranges Pudding	<b>Glazed Ham</b> Whole Grain Bread Baked Beans Marinated Cucumber & Onions Blueberry Pie
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Pasta with Meat Sauce</b> Whole Grain Dinner Roll Italian Vegetable Blend Garden Salad Fresh Seasonal Fruit	<b>Seasoned Chicken Breast</b> Sourdough Bread BBQ Black Beans Roasted Corn Mandarin Oranges Chocolate Chip Cookie	<b>Hamburger on a Bun</b> Lettuce Leaf & Tomato Slice Potatoes Carrots Spiced Peach Cobbler	<b>Grilled Citrus Herb Pork Chop</b> Whole Grain Bread Maple Mashed Sweet Potatoes Seasoned Green Beans Creamy Coleslaw Powdered Sugar Dusted Fudge Brownie	<b>Lemon Parsley Cod</b> Rye Bread Seasoned Home Fries California Vegetable Blend Mixed Fruit Cottage Cheese
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>BBQ Pulled Pork Sandwich</b> Baked Beans Garden Salad Fresh Seasonal Fruit	<b>Mediterranean Beef Wrap</b> Broccoli Raisin Salad Cottage Cheese Diced Pears	<b>Beef Tacos</b> Shredded Lettuce & Diced Tomatoes Refried Pinto Beans Cinnamon Apples Powdered Sugar Dusted Yellow Cake	<b>Chicken Stroganoff with Egg Noodles</b> Whole Grain Dinner Roll Peas Pickled Beets Orange	<b>Meatballs with Italian Tomato Sauce</b> Penne Pasta Whole Grain Bread Broccoli & Cauliflower Cucumer Tomato Salad Apple Crisp
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>Chicken &amp; Ham Jambalaya</b> Whole Grain Dinner Roll Corn Garden Salad Peach Fluff	<b>Peach BBQ Roasted Pork</b> Whole Grain Bread Mashed Sweet Potatoes California Vegetable Blend Fresh Cantaloupe	<b>Bratwurst on a Bun</b> Hot German Potato Salad Mixed Vegetables Cucumber Tomato Salad Gelatin Poke Cake	<b>Tuna Salad Sandwich</b> Lettuce Leaf & Tomato Slice Carrots with Hummus Watermelon Lorna Doone Shortbread Cookies	<b>Oven Baked Fish</b> Whole Grain Dinner Roll Herb-Roasted Potatoes Brussels Sprouts Pineapple & Mandarin Oranges Lemon Cookie
All meals are served with 1% milk   Due to unforeseen circumstances, there may be adjustments to the menu.				
Suggested Contribution: \$5/meal   Contributions help to fund the services we provide. Please contribute what your budget allows.				