

Community Action Senior Home Delivery Menu JULY 2012

Monday		Wednesday		Friday
July 2, 2012		July 4, 2012		July 6, 2012
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
July 3, 2012	July 5, 2012	July 7, 2012	July 9, 2012	July 11, 2012
Spaghetti & Meatballs Italian Vegetables Lettuce Salad/Dressing Pears	Hamburger Whole Grain Bun Lettuce, Tomato, Onion Creamy Cole Slaw Peaches	HAPPY INDEPENDENCE DAY!!! Agency Closed. No Meal Service Two Meals will be Served on Friday July 6	Pork Chop & Apples Brown Rice Peas & Carrots Pickled Beets *served Friday*	Baked Cod Wild Rice Broccoli Marinated Cucumber Salad Plums
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
July 9, 2012	July 10, 2012	July 11, 2012	July 12, 2012	July 13, 2012
Tuna Salad Sandwich on Whole Grain Bread Carrot & Celery Sticks Mixed Fruit	Pork Roast Mashed Potatoes Fresh Asparagus Strawberry Shortcake	Baked Ham Parslied Potatoes Whole Grain Roll Brussel Sprouts Pineapple	Mexican Chicken Brown Rice Black Beans Calico Corn Peach Crisp	Breakfast Casserole (egg, cheese, sausage) Whole Wheat Bread Hashbrowns Spinach Grapefruit Slices & V-8
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
July 16, 2012	July 17, 2012	July 18, 2012	July 19, 2012	July 20, 2012
Black Bean Soup Nacho Chips Cottage Cheese Salad Greens/Dressing Strawberry Shortcake	Meat Loaf AuGratin Potatoes Cooked Cabbage Mango	Chicken & Dumplings Peas & Carrots Bell Pepper Slices Mixed Fruit	Beef Tips & Gravy over Whole Wheat Noodles Yellow Squash Seasoned Spinach Fresh Orange	Ravioli with Meat Sauce Bread Stick Green Beans Cherry Tomatoes Pears in Jell-O
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
July 23, 2012	July 24, 2012	July 25, 2012	July 26, 2012	July 27, 2012
Hot Roast Beef on Kaiser Roll Mashed Potatoes & Gravy Broccoli Salad Oranges	Chili with Meat & Beans Whole Grain Crackers Buttered Corn Grape Salad	Egg, Spinach, Cheese Quiche Texas Toast Pickled Beets Banana	Chicken & Cheese Quesadilla Refried Beans Salad Greens & Dressing Mango	Beef Stew with Potatoes & Carrots Biscuit Asparagus Baked Apple Slices
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
July 30, 2012	July 31, 2012			
Seasonal Fruit Plate Cottage Cheese Whole Grain Muffin Vegetable Salad	Polish Sausage & Sauerkraut on a Whole Wheat Bun Carrot Sticks Cinnamon Applesauce			Suggested Donation: \$3.00 However, no one requesting a meal will be denied meal services.

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