

Apple of My Heart Nutrition Social Dining Club Menu July 2013

Monday	Tuesday	Wednesday	Thursday	Friday
<p>July 1</p> <p>Spaghetti & Meatballs Italian Vegetables Side Salad with Tomatoes, Cheese & Dressing Garlic Bread Pears</p>	<p>July 2</p> <p>Taco Salad Beef, Lettuce, Salsa & Cheese Refried Beans Corn Chips Mixed Fruit</p>	<p>July 3</p> <p>Bratwurst on a Whole Wheat Bun with Diced Peppers & Onions Mustard Potato Salad Marinated Cucumbers & Onions Apple Pie</p>	<p>July 4</p> <p>Happy Independence Day!!!</p> <p>Agency Closed. Service will Resume Friday July 5th.</p>	<p>July 5</p> <p>Pineapple & Cherries On Top Cottage Cheese Vegetable Salad Whole Grain Muffin</p>
<p>July 8</p> <p>BBQ Ribbette Green Beans Scalloped Potatoes Corn Muffin Sliced Pineapple</p>	<p>July 9</p> <p>Beef Tips & Gravy Over Brown Rice Mixed Veggies Mandarin Oranges</p>	<p>July 10</p> <p>Sausage, Egg & Cheese Biscuit Country Style Hash-Browns V-8 Juice Sliced Grape Fruit Sections</p>	<p>July 11</p> <p>Ham Salad Sandwich on Whole Wheat Bread Chips Garbanzo Bean Salad Fruit Cocktail</p>	<p>July 12</p> <p>Mexican Chicken with Rice & Salsa Corn & Black Bean Salad Banana Fresh Baked Cookie</p>
<p>July 15</p> <p>Chicken & Dumplings Peas & Carrots Lima Beans Rosy Applesauce</p>	<p>July 16</p> <p>Sliced Roast Beef Mashed Potatoes & Gravy Broccoli Salad Grapes</p>	<p>July 17</p> <p>BLT on Whole Wheat Bean Salad Carrot & Celery Sticks Fresh Fruit</p>	<p>July 18</p> <p>Chili Mac with Whole Wheat Noodles & Diced Onion & Cheese Whole Wheat Crackers Creamed Corn Mandarin Orange Salad</p>	<p>July 19</p> <p>Baked Cod Wild Rice Seasoned Spinach Cucumber & Tomato Salad Apricots</p>
<p>July 22</p> <p>Corn Dog Baked Beans Cauliflower w/ Cheese Pears</p>	<p>July 23</p> <p>Crispy Chicken Salad (Crispy Chicken Tenders on Top Lettuce w/ Tom, Onion, Cheese & Dressing) Marinated Green Beans (Cold) Pears in Jell-O</p>	<p>July 24</p> <p>Turkey Pasta Salad Whole Wheat Crackers 3 Bean Medley Pickled Beets Sliced Peaches</p>	<p>July 25</p> <p>Chicken, Broccoli, Rice & Cheese Casserole Steamed Veggies Mixed Fruit</p>	<p>July 26</p> <p>Beef Stew with Potatoes & Carrots Biscuit Asparagus Baked Apple Slices</p>
<p>July 29</p> <p>Meatball Sub with Marinara Sauce & Cheese Cole Slaw Steamed Veggies Mixed Fruit</p>	<p>July 30</p> <p>Vegetable Beef & Bean Soup Whole Wheat Crackers Lettuce Salad (Tom, Cucumber, Cheese & Dressing(Creamy Fruit Salad</p>	<p>July 31</p> <p>Creamy Chicken Salad Sandwich on Whole Wheat with Lettuce & Tomato Broccoli Salad Apple Slices</p>	<p>A suggested donation is \$3.00 However, no one requesting a meal will be denied meal service Milk is served with each meal.</p>	<p>Apple of My Heart Nutrition is provided by Community Action Partnership of CI and partially funded by Area Agency on Aging LincolInland.</p>

For Reservations, call 217-732-2159 ext.240