

Apple of My Heart Nutrition - Senior Home Delivery Menu July 2013

Monday		Wednesday		Friday
July 1, 2013		July 3, 2013		July 5, 2013
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Spaghetti & Meatballs Italian Vegetables Lettuce Salad/Dressing Garlic Bread Pears	Cheeseburger Whole Grain Bun Lettuce, Tomato, Onion Creamy Cole Slaw Fresh Berries & Angel Cake	Bratwurst on Whole Wheat Bun Diced Peppers & Onions Mustard Potato Salad Marinated Cucumbers & Onions Apple Pie	Taco Salad Beef, Lettuce, Salsa & Cheese Refried Beans Corn Chips Mixed Fruit	Pineapple & Cherries On Top Cottage Cheese Vegetable Salad Whole Grain Muffin
July 8, 2013		July 10, 2013		July 12, 2013
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
BBQ Ribbette Green Beans Scalloped Potatoes Corn Muffin Sliced Pineapple	BROWN BAG LUNCH (Due to Holiday) PB & J Baked Chips Carrot Sticks Applesauce	Sausage, Egg & Cheese Biscuit Country Style Hash browns V-8 Juice Sliced Grape Fruit Sections	Beef Tips & Gravy Brown Rice Mixed Veggies Mandarin Oranges	Mexican Chicken Rice & Salsa Corn & Black Bean Salad Banana Fresh Baked Cookie
July 15, 2013		July 17, 2013		July 19, 2013
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Chicken & Dumplings Peas & Carrots Lima Beans Rosy Applesauce	Ham Salad Sandwich Baked Chips Garbanzo Bean Salad Fruit Cocktail	BLT on Whole Wheat Bean Salad Carrot & Celery Sticks Fresh Fruit	Sliced Roast Beef Mashed Potatoes & Gravy Broccoli Salad Grapes	Baked Cod Wild Rice Seasoned Spinach Cucumber & Tomato Salad Apricots
July 22, 2013		July 24, 2013		July 26, 2013
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Corn Dog Baked Beans Cauliflower w/ Cheese Pears	Chili Mac w/ Whole Wheat Noodles Diced Onion & Cheese Whole Grain Crackers Creamed Corn Mandarin Orange Salad	Turkey Pasta Salad Whole Wheat Crackers 3 Bean Medley Pickled Beets Sliced Peaches	Crispy Chicken Salad (Chicken, Lettuce, Tomato, Onion, Cheese & Dressing) Marinated Green Beans Pears in Jell-O	Beef Stew with Potatoes & Carrots Biscuit Asparagus Baked Apple Slices
July 29, 2013		July 31, 2013		
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Meatball Sub w/ Marinara & Cheese Cole Slaw Steamed Veggies Mixed Fruit	Chicken, Broccoli, Rice & Cheese Casserole Steamed Veggies Fruit	Creamy Chicken Salad on Whole Wheat w/ Let & Tom Broccoli Salad Apple Slices	Vegetable Beef & Bean Soup Whole Wheat Crackers Lettuce Salad Creamy Fruit Salad	Milk is Served with Each Meal Suggested Donation is \$3.00 However, No Individual will be Denied Service for Inability to Donate.

Apple of My Heart Nutrition is provided by Community Action Partnership of CI & partially funded by Area Agency on Aging Lincolnland.

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