

JULY MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
Hamburger Patty	1 ea	Smothered Chicken Thigh	1 ea	Beef Spaghetti Casserole	1 c	ELDERHOUSE IS CLOSED		ELDERHOUSE IS CLOSED	
American Cheese	1 slc	Brown Rice	1/2 c	Cauliflower	1/2 c				
Crinkle Cut Fries	1/2 c	Broccoli	1/2 c	Green Peas	1/2 c				
Carrots	1/2 c	Whole Wheat Bread	1 slc	Whole Wheat Bread	1 slc				
WG Hamburger Bun	1 ea	Vanilla Pudding	1/2 c	Seasonal Fruit	1 ea				
Seasonal Fruit	1 ea	Assorted Fruit Juice	4 oz	Milk	8 oz				
Milk	8 oz	Milk	8 oz	Margarine	1 ea				
Ketchup	1 ea	Margarine	1 ea						
8		9		10		11		12	
Honey Baked Chicken Thigh	1 ea	Potato Crusted Pollock	1 ea	Salisbury Steak	1ea	Apricot Mustard Pork	3 oz	Chicken Scallopini	3 oz
Confetti Brown Rice	1/2 c	Oven Roasted Potatoes	1/2 c	w/Vegetable Gravy		Whipped Potatoes	1/2 c	Garlic Parmesan Orzo	1/2 c
Carrots	1/2 c	Green Peas	1/2 c	Rice Pilaf	1/2 c	Brussels Sprouts	1/2 c	Mushroom Soup	6 oz
Whole Wheat Bread	1 slc	Whole Wheat Bread	1slc	Broccoli	1/2 c	Whole Wheat Bread	2 slc	WG Dinner Roll	1 ea
Seasonal Fruit	1 ea	Diced Peaches	1/2 c	WG Dinner Roll	2 ea	Oatmeal Cookie	1 ea	Seasonal Fruit	1 ea
Milk	8 oz	Milk	8 oz	Diced Pears	1/2 c	Assorted Fruit Juice	4 oz	Milk	8 oz
Margarine	1 ea	Margarine	1 ea	Milk	8 oz	Milk	8 oz	Margarine	1 ea
		Tartar Sauce	1 ea	Margarine	1 ea	Margarine	1 ea	Saltine Crackers	1 pkt
15		16		17		18		19	
Beef/Chicken Meatballs (0.5 oz) w/Marinara Sauce	7 ea	Chicken Stir Fry	3/4 c	Beef Philly Cheese Steak	3 oz	Bourbon Chicken Thigh	1 ea	Sweet & Sour	3 oz
Penne Pasta	1/2 c	Brown Rice	1/2 c	Navy Bean Soup	6 oz	Cheesy Whipped Potatoes	1/2 c	Hawaiian Pork	
Green Peas	1/2 c	Green Beans	1/2 c	Carrots	1/2 c	Broccoli	1/2 c	Vegetable Lo Mein	1/2 c
Whole Wheat Bread	1 slc	Whole Wheat Bread	1 slc	WG Hot Dog Bun	1 ea	WG Dinner Roll	2 ea	Asian Vegetable Blend	1/2 c
Seasonal Fruit	1 ea	Applesauce	1/2c	Seasonal Fruit	1 ea	Chocolate Chip Cookie	1 ea	Whole Wheat Bread	1 slc
Milk	8 oz	Milk	8 oz	Milk	8 oz	Assorted Fruit Juice	4 oz	Mandarin Oranges	1/2 c
Margarine	1 ea	Margarine	1 ea	Margarine	1 ea	Milk	8 oz	Milk	8 oz
				Saltine Crackers	1 pkt	Margarine	1 ea	Margarine	1 ea
22		23		24		25		26	
Country Fried Steak w/Gravy	1 ea	Cheese Ravioli w/Pesto	12ea	BBQ Pork	3 oz	Greek Chicken Thigh	1 ea	Meatloaf w/Gravy	1 ea
Whipped Potatoes	1/2 c	Cream Sauce		Scalloped Potatoes	1/2 c	Lemon Orzo	1/2 c	Whipped Potatoes	1/2 c
Broccoli	1/2 c	Mixed Vegetables	1/2 c	Mixed Greens	1/2 c	Green Beans	1/2 c	Corn Chowder	6 oz
Whole Wheat Bread	2 slc	Cauliflower	1/2 c	Whole Wheat Bread	2 slc	Whole Wheat Bread	1 slc	WG Dinner Roll	2 ea
Seasonal Fruit	1 ea	WG Dinner Roll	1 ea	Fudge Brownie	1 ea	Seasonal Fruit	1 ea	Diced Pears	1/2 c
Milk	8 oz	Applesauce	1/2 c	Assorted Fruit Juice	4 oz	Milk	8 oz	Milk	8 oz
Margarine	1 ea	Milk	8 oz	Milk	8 oz	Margarine	1 ea	Margarine	1 ea
		Margarine	1 ea	Margarine	1 ea			Saltine Crackers	1 pkt
29		30		31					
King Ranch Chicken	1 ea	Sesame Beef	3 oz	Spinach Quiche	1 slc			ElderHouse serves: Coffee at 8:30am Lunch at 12:00noon Snack at 2:00pm Hydration is offered throughout the day.	
Leg Quarter		Brown Rice	1/2 c	Oven Roasted Potatoes	1/2 c				
Cheesy Whipped Potatoes	1/2 c	Asian Vegetable Blend	1/2 c	Cream of Broccoli Soup	6 oz				
Spinach	1/2 c	WG Dinner Roll	1 ea	Whole Wheat Bread	2 slc				
Whole Wheat Bread	2 slc	Mandarin Oranges	1/2 c	Cinnamon Applesauce	1/2 c				
Seasonal Fruit	1 ea	Milk	8 oz	Milk	8 oz				
Milk	8 oz	Margarine	1 ea	Margarine	1 ea				
Margarine	1 ea			Saltine Crackers	1 pkt				