

|  | <b>Tuesday<br/>7/1/2025</b>   | <b>Wednesday<br/>7/2/2025</b>  | <b>Thursday<br/>7/3/2025</b>  | <b>Friday<br/>7/4/2025</b>  |
|--|---|--|---|---|
|    | Cheesy Broccoli Chicken Breast<br>Wild Rice<br>Mixed Vegetables<br>WG Dinner Roll/Marg<br>Tropical Fruit Mix<br>1% or Skim Milk   | Salisbury Steak & Mushroom Gravy<br>Mashed Potatoes<br>Green Beans<br>WG Bread Slice/Marg<br>Butterscotch Pudding or Diet Pudding<br>1% or Skim Milk   | BBQ Pork Rib Patty<br>Winter Blend Vegetables<br>Potato Salad<br>WG Hamburger Bun<br>Apple Cobbler or Diet Pudding<br>1% or Skim Milk         | Independence Day<br><br>Senior Centers are Closed<br>  |
| <b>Monday<br/>7/7/2025</b>   | <b>Tuesday<br/>7/8/2025</b>   | <b>Wednesday<br/>7/9/2025</b>  | <b>Thursday<br/>7/10/2025</b>   | <b>Friday<br/>7/11/2025</b>   |
| <b>National Macaroni Day</b><br>Cheeseburger Macaroni<br>Brussels Sprouts<br>Zucchini & Tomatoes<br>WG Breadstick/Marg<br>Fresh Apple<br>1% or Skim Milk                     | Potato Crusted Fish w/ Tartar Sauce<br>Diced Sweet Potatoes<br>California Blend Vegetables<br>Vienna Bread/Marg<br>Chocolate Chip Cookie or Diet Cookies<br>1% or Skim Milk | Pork Chop with Country Gravy<br>Mashed Potatoes<br>Broccoli Salad<br>WG Dinner Roll/Marg<br>Decorated Birthday Cake or Plain Cake Square<br>1% or Skim Milk                                  | Western Omelet w/ Ham, Cheese, Peppers & Onion with Cheese Sauce<br>Potato O'Brien<br>Mandarin Oranges<br>Blueberry Muffin<br>1% or Skim Milk | Walking Beef Taco<br>Beef Taco Meat<br>Shredded Cheese<br>Shredded Lettuce<br>Pinto Beans<br>Sour Cream & Taco Sauce PC<br>WG Doritos PC<br>Strawberries & Pineapple<br>1% or Skim Milk |
| <b>Monday<br/>7/14/2025</b>  | <b>Tuesday<br/>7/15/2025</b>  | <b>Wednesday<br/>7/16/2025</b>   | <b>Thursday<br/>7/17/2025</b>   | <b>Friday<br/>7/18/2025</b>   |
| Swedish Meatballs<br>Mashed Potatoes<br>Green Beans<br>100% Wheat Bread/Marg<br>Pineapple Tidbits<br>1% or Skim Milk   | <b>National Tapioca Day</b><br>BBQ Pulled Pork on Kaiser Bun<br>Scalloped Potatoes<br>Broccoli Florets<br>Tapioca Pudding or Diet Pudding<br>1% or Skim Milk                | <b>National Hot Dog Day</b><br>All Beef Hot Dog with Chili Sauce & Shred Cheese<br>Potato Wedges<br>Cauliflower<br>WG Hot Dog Bun<br>Peanut Butter Cookie or Diet Cookies<br>1% or Skim Milk | Chicken Marsala<br>Diced Sweet Potatoes<br>Zucchini & Tomatoes<br>Heavy Hearth Roll/Marg<br>Strawberries & Pears<br>1% or Skim Milk           | Spaghetti & Beef Sauce<br>Mixed Greens Side Salad<br>Dressing PC<br>California Blend Veggies<br>WG Breadstick/Marg<br>Sliced Peaches<br>1% or Skim Milk                                 |
| <b>Monday<br/>7/21/2025</b>  | <b>Tuesday<br/>7/22/2025</b>  | <b>Wednesday<br/>7/23/2025</b>   | <b>Thursday<br/>7/24/2025</b>   | <b>Friday<br/>7/25/2025</b>   |
| Chicken Breast in Creamy Bacon Ranch Sauce<br>Wild Rice<br>Diced Carrots<br>WG Dinner Roll/Marg<br>Mandarin Oranges<br>1% or Skim Milk                                       | Sloppy Joe Sandwich on WG Hamburger Bun<br>Augratin Potatoes<br>Green Peas<br>Strawberries & Pineapple<br>1% or Skim Milk   | Open Faced Roast Beef Sandwich on WG Bread<br>Mashed Potatoes & Gravy<br>Diced Beets<br>Lemon Pudding or Diet Pudding<br>1% or Skim Milk   | Oven Fried Chicken Breast<br>Diced Sweet Potatoes<br>Winter Blend Vegetables<br>WG Dinner Roll/Marg<br>Fresh Apple<br>1% or Skim Milk         | Meatloaf in Tomato Gravy<br>Baked Potato<br>Brussels Sprouts<br>WG Breadstick/Marg<br>Sour Cream PC<br>Fruit Cocktail<br>1% or Skim Milk  |
| <b>Monday<br/>7/28/2025</b>  | <b>Tuesday<br/>7/29/2025</b>  | <b>Wednesday<br/>7/30/2025</b>   | <b>Thursday<br/>7/31/2025</b>   |    |
| <b>National Hamburger Day</b><br>Classic Cheeseburger on WG Hamburger Bun w/ Leaf Lettuce, Pickles, Sliced Tomatoes & Onion<br>Coleslaw<br>Apricot Halves<br>1% or Skim Milk | Cheesy Chicken Philly Sandwich<br>Diced Baby Red Potatoes<br>Broccoli Florets<br>WG Mini Hoagie Bun<br>Oatmeal Cream Pie or Diet Cookies<br>1% or Skim Milk                 | Sliced Turkey & Gravy<br>Mashed Potatoes<br>Cornbread Stuffing<br>WG Breadstick/Marg<br>Fresh Orange<br>1% or Skim Milk  | Mild Italian Sausage in Marinara<br>Potato Wedges<br>Carrot Coins<br>WG Dinner Roll/Marg<br>Strawberry Applesauce<br>1% or Skim Milk          |   |

**\*\*These meals may contain the following allergens: peanuts, tree nuts, seafood, shellfish, soy, eggs, milk, wheat, and sesame seeds\*\***