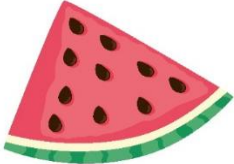


July 2026

This program is made possible by funding from the Executive Office of Aging & Independence

Congregate Menu

Donation: \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
	This meal provides more than 1/3 of your daily intake	1 Stuffed Shells w/ Marinara Sauce Vegetable Blend Garlic Dinner Roll Fresh Fruit Cal 585, Carb 85, Na 905	2 July 4th Special BBQ Chicken *** Corn, Coleslaw WW Dinner Roll Strawberry Shortcake Cal 800, Carb 110, Na 1355	 No Meals Served
6 Lentil Stew w/ Mozzarella Cheese Roasted Potatoes Vegetable Blend WW Dinner Roll Cookie Cal 800, Carb 115, Na 630	7 Chicken Stir Fry Fried Rice LS Wheat Bread Fresh Fruit Cal 600, Carb 80, Na 945	8 Spinach & Red Bell Pepper Frittata Red Bliss Potatoes Brussels Sprouts Oat Bread Yogurt Cal 665, Carb 95, Na 685	9 Chicken & Bean Soup Fish w/Dijon Wine Sauce Couscous Peas & Onions LS Wheat Bread Chilled Pears Cal 775, Carb 115, Na 890	10 Turkey w/Gravy Stuffing Butternut Squash LS Wheat Bread Apple Slices Cal 605, Carb 90, Na 1020
13 Baked Ziti w/Ricotta & Mozzarella Green Beans Garlic Knot Mixed Fruit Cal 725, Carb 95, Na 1040	14 BBQ Pulled Pork on Hamburger Bun Baked Beans Vegetable Blend Chilled Peaches Cal 735, Carb 90, Na 1235	15 Potato Leek Soup Marry Me Chicken Buttered Orzo Vegetable Blend Multigrain Bread Cookie Cal 830, Carb 105, Na 805	16 Black Bean & Barley Chili Vegetable Blend WW Dinner Roll Fresh Fruit Cal 725, Carb 120, Na 1025	17 Black Bean & Barley Chili Vegetable Blend WW Dinner Roll Fresh Fruit Cal 935, Carb 105, Na 800
20 Chicken Meatball Sub w/Provolone Roasted Potatoes Vegetable Blend Tropical Fruit Cal 800, Carb 90, Na 960	21 Broccoli Mushroom Frittata O'Brien Potatoes Stewed Tomatoes LS Wheat Bread Mandarin Oranges Cal 655, Carb 90, Na 880	22 Potato Crunch Fish Root Vegetables Vegetable Blend WW Dinner Roll Pudding Cal 815, Carb 95, Na 960	23 Minestrone Soup Pot Roast w/Gravy Mashed Potatoes Peas & Carrots LS Wheat Bread Cupcake Cal 880, Carb 115, Na 1125	24 Chicken a la King Buttered Noodles Vegetable Blend Multigrain Bread Fresh Fruit Cal 785, Carb 100, Na 705
27 Mac & Cheese Broccoli WW Dinner Roll Applesauce Cal 820, Carb 95, Na 1055	28 Cream of Tomato Mac & Cheese Broccoli WW Dinner Roll Applesauce Cal 785, Carb 115, Na 1160	29 Sloppy Joe on Hamburger Roll Sweet Potato Tots Spinach Fresh Orange Cal 705, Carb 85, Na 805	30 Chicken Fajitas Peppers & Onions Rice & Beans Tortilla Chilled Pears Cal 760, Carb 100, Na 590	31 Mixed Bean & Vegetable Stew Cauliflower LS Wheat Bread Fig Bar Cal 700, Carb 120, Na 980