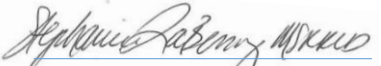


# July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Chicken Salad Sandwich 2		Lemon Pepper Fish	Macaroni and Cheese 1	Hamburger on Bun 2
Pickled Beets .5		Buttered Potatoes 1	Broccoli Normandy	Lettuce Leaf
Spoon Salad 1		Corn 1	Tropical Fruit 1	Sliced Tomatoes
Fresh Pear 1		Strawberries 1	Pink Lady Salad 1.5	Potato Salad 1
Chocolate Chip Cookie 1		Poke Cake 1		Cherry Whip Dessert 1
<b>Extra Meal for July 4</b>	<b>Holiday Closed</b>			
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Egg Salad Sandwich	Scalloped Potatoes & Turkey Ham 1.5	Hamloaf with Glaze .5	Oven Fried Chicken	Sloppy Joe on Bun 2
3 Bean Salad	California Blend Vegetables	Candied Sweet Potatoes 2	Potato Salad 1	Peas 1
Vegetable Ranch Salad	Cantaloupe 1	Green Beans	Spinach	Potato Chips
Orange	Banana Bar 1	Cherries 1	Watermelon .5	Fresh Apples 1
Cookie			Sugar Cookie 1	Mandarin Oranges in Gelatin 1
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Turkey Salad on Bun 1	Cheeseburger Casserole 1	Hamburger & Brown Gravy	Tuna Casserole 1	Pork & Potatoes 1.5
Broccoli Cheese Soup .5	Lima Beans 1	Mashed Potatoes 1	Creamed Peas/Carrots 1	Spinach
Pasta Salad 1	Creamy Fruit Salad 1.5	Broccoli	Apricots 1	Whole Wheat Dinner Roll 1
Peaches 1	Blueberry Pudding Dessert 2	Cinnamon Applesauce 1	Cranberry Cake with 2	Honeydew 1
		Cake 1/Ice Cream 1	Butter Sauce	Brickle Bar 1
		<b>Birthday Day</b>		
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Hot Dog on Bun 2	Pizza Casserole	Chicken on Bun w/	Beef Patty & Onions	Crispy Fish Sandwich 2
Tri-Tater 1.5	Lettuce Salad	Condiments 2	Broccoli	Asparagus
Coleslaw 1	Orange	Sweet Potato Tots 1	Scalloped Potatoes 1	Three Bean Salad 1
Cherries 1	Dessert	California Vegetables	Tropical Fruit 1	Spiced Apricots 1
 Ice Cream 1		Pears & Cranberry Salad 2	Grapes 1	Applesauce in Gelatin .5
<b>31</b>			<b>TO RESERVE OR CANCEL</b>	
Soft Shell Taco 2			<b>A MEAL CALL</b>	
Succotash 1.5			<b>641-792-7102</b>	
Mexican Rice 2			<b>Toll Free 1-866-942-7102</b>	
Strawberries 1				

\*Salt shaker indicates meals that are above 800 mg of sodium.

\*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. The number by the meal represents the carbohydrate choice count. One carbohydrate is 15 grams which equals 1 choice.

  
Stephanie Labenz MS, RD, LD