

# July 2018 Menu

Menu items are subject to change due to availability of food items. Items with \*\* contain pork or pork products.

Monday	Tuesday	Wednesday	Thursday	Friday
2nd Hamburger w/ Lettuce & Tomato Rosemary Red Potatoes Charred Corn Whole Grain Bun Banana	3rd Turkey Breast Wax Beans Bermuda Blend Whole Grain Roll Applesauce	4th <b>4th Of July Closed</b>	5th Chicken Fried Chicken Mashed Potatoes Green Beans Whole Grain Roll Fruited Gelatin	6th Baked Tilapia Yams Broccoli Whole Grain Roll Apricots
9th Chicken Parmesan Four-Way Blend California Blend Whole Grain Roll Sliced Apples	10th Beef Paprika Key Biscayne Blend Garden Salad Whole Grain Roll Ambrosia	11th Chicken Coq Au Vin** Cape Cod Blend Frenched Green Beans Whole Grain Roll Peach	12th Stuffed Shells Caribbean Blend Diced Carrots Cherry Crisp	13th Beef Taco w/ Lettuce, Tomato, & Cheese Refried Beans Spanish Rice Whole Grain Tortilla Fruit Medley
16th Seared Pork Chop** Stewed Tomatoes Chef's Blend Whole Grain Roll Mango	17th Turkey Chili Chuckwagon Corn Tri-Colored Cauliflower Whole Wheat Crackers Sliced Pears	18th Meatloaf Mashed Potatoes Carrots Whole Grain Roll Fruit Cocktail	19th Chicken Thigh Broccoli Brussel Sprouts Whole Grain Roll Watermelon	20th Bacon Macaroni Casserole** Peas & Onions Mixed Vegetables Whole Grain Roll Vanilla Ice Cream & Fruit
23rd Sloppy Joe Diced Baby Red Peppers Baked Beans Whole Grain Bun Orange	24th Court Bouillon Cod Mandarin Blend Garden Salad Whole Grain Roll Plum	25th Turkey Divan Roasted Tomato Brussel Sprouts Whole Grain Roll Strawberries	26th Shredded Pork Sandwich** Broccoli Sweet Corn Whole Grain Bun Apple	27th Manicotti Spinach Chef's Blend Whole Grain Roll Mandarin Orange
30th Chicken Enchilada Casserole Refried Beans Spanish Rice Whole Grain Tortilla Mango	31st Pepper Steak Fajita Blend In Entrée Oriental Blend Whole Grain Roll Apple	East Valley Adult Resources provides daily lunches to eligible participants Monday through Friday at 11:30am at both of our Active Adult Centers. The suggested contribution is \$3.50 per meal, though no older adult will be denied a meal because of their inability or unwillingness to pay. The Congregate Meal Program provides nutritionally-balanced meals, nutrition education, and nutrition screening to qualified individuals and their spouses, and encourages socialization and better health. Reservations are requested. East Valley Adult Resources, Inc is funded in part by Area Agency on Aging Region One.		