
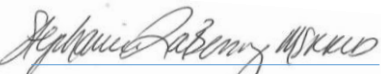


July 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Meatball Sub Sandwich 1.5 Oven Baked Fries 1 Asparagus Fruit & Cottage Cheese 1	Lemon Pepper Fish Sweet Potato Fries 1 Corn 1 Strawberries 1 Short Cake 1	Chicken Nuggets Pea Salad 1 Spinach Watermelon .5	 Holiday	Egg Salad Sandwich 2 Coleslaw .5 Banana 2 Lemon Bar 1.5
8	9	10	11	12
Taco Salad .5 Salsa Fiesta Corn 1 Peaches 1 Tapioca Pudding 1.5	Scalloped Potatoes & Turkey Ham 1.5 California Blend Vegetables Cantaloupe 1 Cookie 1	COOK'S CHOICE Baked Potato Bar Broccoli & Ham Strawberries Cake	Macaroni and Cheese 1 Green Beans Tropical Fruit 1 Pink Lady Salad 1.5	Sloppy Joe on Bun 2 Peas 1 Potato Chips Spiced Applesauce 1 Mandarin Oranges in Gelatin 1
15	16	17	18	19
Cheeseburger Casserole 1 Lima Beans 1 Creamy Fruit Salad 1.5 Dessert 2	Sliced Ham on Wheat 1 w/ Condiments Tomato/Lettuce garnish Broccoli Cheese Soup .5  Pasta Salad 1 Peaches 1	Steak & Brown Gravy Mashed Potatoes 1 Zucchini & Tomatoes Cinnamon Applesauce 1 Pumpkin Bar 1.5 BIRTHDAY DAY	Tuna and Noodles 1.5 Creamed Peas/Carrots 1 1/2 Banana 1 Cake 1	Pork & Potatoes 1.5 Spinach Whole Wheat Dinner Roll 1 Melon 1 Cookie 1
22	23	24	25	26
Hot Dog on Bun 2 Tater Tots 1.5 Coleslaw 1  Strawberries 1 Short Cake 1	Egg Casserole Tomatoes Yogurt 2 Banana Orange Salad 1 Dessert 2	Grilled Chicken on Bun w/ Condiments 2 Sweet Potato Fries 1 California Vegetables Pears & Cranberry Salad 2	Beef Patty & Onions Broccoli Scalloped Potatoes 1 Tropical Fruit 1 Grapes 1	Fish Sandwich 2 Asparagus Three Bean Salad 1 Peaches 1 Pineapple Nut Delight 1.5
29	30	31	TO RESERVE OR CANCEL A MEAL, CALL 641-792-7102 Or TOLL FREE 1-866-942-7102	
COOK'S CHOICE Fruited Chicken Salad on Lettuce Bed Roll Tomato Salad Cookie	Beef Strognaoff & Noodles 1 Brussel Sprouts w/Cheese .5 Whipped Fruit Salad 2 Caramel Apple Crisp 1.5	Pork Loin Butter Beans 1.5 Carrot Raisin Salad 1 Mixed Fruit 1 Cake 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.


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