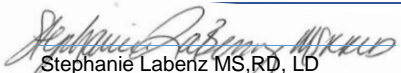


July 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	To cancel your meal, call 641-792-7102	Meatloaf	Deli Sandwich	CLOSED
		Mashed Potatoes	Pickled Beets	
		Asparagus	V-8	
		Cottage Cheese and Fruit Roll	Tropical Fruit Strawberry Bar	
6	7	8	9	10
Macaroni and Cheese	Egg Salad Sandwich	Hamballs with Glaze	Taco Salad/dressing	Scalloped Potatoes & Turkey Ham
Broccoli Normandy	Green Pepper Coleslaw	Baked Potato w/ Sour Cream	Fiesta Corn	California Blend Vegetables
Tropical Fruit	Banana	Green Beans	Peaches	Cantaloupe
Dessert	Lemon Bar	Sweet Cherries	Tapioca Pudding	Banana Bar
13	14	15	16	17
Sliced Turkey Sandwich w/ Condiments	Cheeseburger Casserole	Pork & Potatoes	Cook's Choice	Steak & Brown Gravy
Broccoli Cheese Soup	Green Beans	Spinach	Chicken Salad Sandwich	Mashed Potatoes
BLT Pasta Salad	Creamy Fruit Salad	Dinner Roll	Pickled Beets	Zucchini & Tomatoes
Peaches	Dessert	Melon	Dessert	Cinnamon Applesauce
		Dessert	Mandarin Oranges	Pumpkin Bar
20	21	22	23	24
Roast Pork	French Toast Bake	Cook's Choice	Beef Patty & Onions	Fish Sandwich
Whipped Potatoes	Western Egg Bake	Ham Salad Sandwich	Broccoli	Asparagus
Coleslaw	Yogurt	Chips	Scalloped Potatoes	Three Bean Salad
Strawberries	Banana Orange Salad	Watermelon	Tropical Fruit	Spiced Apricots
Ice Cream		Spoon Salad & Dessert	Grapes	Pineapple Nut Delight
27	28	29	30	31
Chicken/Rice/Broccoli Casserole	Beef Stroganoff & Noodles	Polish Sausage on Bun	Porcupine Meatballs	Lemon Pepper Fish
Mixed Vegetables	Brussel Sprouts w/Cheese	Beans	Whipped Potatoes	Potatoes
Banana	Whipped Fruit Salad	Carrot Raisin Salad	Asparagus	Corn
Dessert	Caramel Apple Crisp	Mandarin Oranges	Fruit & Cottage Cheese	Strawberries
		Dessert		Cake

*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.


Stephanie Labenz MS, RD, LD