

# July 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
	<b>TO CANCEL YOUR MEAL, CALL 641-792-7102. MEALS WILL NOT BE LEFT IF YOU ARE NOT HOME.</b>	<b>Newton Congregate Site re-opens Monday, July 12 (2401 1st Ave E. Newton)</b>	Ham and Asparagus Bake Mixed Vegetables Dinner Roll Melon Dessert	Sloppy Joe on Bun Peas Potato Chips Apple Mandarin Oranges in Gelatin
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
CLOSED	Egg Salad Sandwich Green Pepper Coleslaw Banana Lemon Bar	Taco Salad Salsa Fiesta Corn Peaches Tapioca Pudding	Macaroni and Cheese Broccoli Normandy Tropical Fruit Pink Lady Salad	Scalloped Potatoes & Turkey Ham California Blend Vegetables Melon Banana Bar
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Cook's Choice</b> Goulash Corn Garlic Bread Peaches Dessert	Hamburger Noodle Casserole Beans Creamy Fruit Salad Blueberry Dessert	Chicken Strips Kidney Bean Salad Fresh Spinach Salad Melon	Sliced Turkey Sandwich w/condiments Broccoli Cheese Soup Pasta Salad Peaches	Steak & Brown Gravy Mashed Potatoes Zucchini & Tomatoes Cinnamon Applesauce Pumpkin Bar
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Pork in Gravy Potatoes Coleslaw Strawberries Ice Cream	French Toast Bake Western Egg Bake Yogurt Banana Orange Salad	<b>Cook's Choice</b> BLT Pasta Salad w/Chicken Melon Pickled Beets Cookie	Hot Beef & Cheddar Sandwich Broccoli French Fries Tropical Fruit	Fish Sandwich Asparagus Three Bean Salad Spiced Apricots Pineapple Nut Delight
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Oriental Stir Fry Broccoli and Rice Egg Roll Banana	Chicken Alfredo Brussel Sprouts w/Cheese Whipped Fruit Salad Caramel Apple Crisp	Polish Sausage on Bun Baked Beans Carrot Raisin Salad Fruit	Lemon Pepper Fish Sweet Potato Corn Strawberry Shortcake	Porcupine Meatballs Duchess Potatoes Asparagus Fruit & Cottage Cheese

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

  
Stephanie Labenz MS, RD, LD