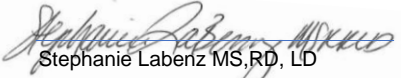


July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
MEALS ARE FUNDED BY:		TO CANCEL YOUR MEAL, PLEASE CALL 641-792-7102. MEALS WILL NOT BE LEFT IF YOU ARE NOT HOME OR COMMUNICATED WITH US.		1
*JASPER COUNTY				Ham and Asparagus Bake
*AGING RESOURCES				Mixed Vegetables
*CLIENT DONATIONS *MEMORIALS				Melon
*ELDERLY WAIVER/MEDICAID				Pudding
*EFSP FUNDS FROM UNITED WAY				
4	5	6	7	8
CLOSED	Taco Salad	Macaroni and Cheese	Egg Salad Sandwich	Cook's Choice
	Dressing	Broccoli Normandy	Cucumbers and Tomatoes	Sloppy Joe
	Fiesta Corn	Tropical Fruit	Banana	Chips
	Peaches	Cookie	Lemon Cake	Coleslaw
	Tapioca Pudding			Strawberries & Ice Cream
11	12	13	14	15
Sliced Turkey Sandwich	Salmon	Oven Fried Chicken	Chili Mac Hamburger Casserole	Steak & Brown Gravy
Fresh Vegetables	Dill Potato	Potato Salad	Garden Salad w/Dressing	Mashed Potatoes
Pasta Salad	Mixed Vegetables	Baked Beans	Apple	Zucchini & Tomatoes
Peaches	Banana	Watermelon	Blueberry Dessert	Cinnamon Applesauce
	Peach Cobbler			Pumpkin Bar
18	19	20	21	22
Pork in Gravy	French Toast Bake	Italian Ranch Chicken	Beef & Cheddar Sandwich	Fish Sandwich
Potatoes	Egg Casserole	Potatoes	Broccoli	Asparagus
Coleslaw	Yogurt	California Vegetables	French Fries	Three Bean Salad
Strawberries	Ambrosia Salad	Pears & Cranberry Salad	Tropical Fruit	Spiced Apricots
Ice Cream				Pineapple Nut Delight
25	26	27	28	29
Oriental Stir Fry	Chicken Alfredo	Hot Dog on Bun	Cook's Choice	Porcupine Meatballs
Broccoli and Rice	Brussel Sprouts w/Cheese	Baked Beans	Chef Salad w/Chicken	Potatoes
Egg Roll	Fruit Cocktail	Carrot Raisin Salad	Pickled Beets	Asparagus
Banana	Caramel Apple Crisp	Pear	Crackers	Fruit & Cottage Cheese
			Mandarin Oranges	

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


Stephanie Labenz MS, RD, LD