



CENTER HOT MENU • JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pork Chop Suey* over Brown Rice** Apple Blueberry Crisp** Clementine* Fortune Cookie	2 Tater Tot Casserole* Stewed Apples* Wheat Sweet Yeast Roll** Grape Cranberry Juice*	3 4th of July Celebration All American Burger *** Roasted Red Potatoes ** Apple Raisin Coleslaw Red, White and Blue Parfait**	4 ALL CENTERS CLOSED FOR INDEPENDENCE DAY NO MEALS ON WHEELS DELIVERIES	5 ALL CENTERS CLOSED NO MEALS ON WHEELS DELIVERIES
8 Chicken Cordon Bleu* w/ Alfredo Sauce Roasted Red Potatoes** Brussels Sprouts* Fruited Gelatin**	9 Turkey Burger with Creamy Bacon Dressing, Lettuce, Tomato & Onion** Dilled Carrots* Clementine*	10 Swedish Meatballs* Mashed Potatoes* California Blend Vegetables Fresh Blueberries* Savory Garlic Bread*	11 Fiesta Chicken* Spanish Rice* Corn* Kiwi*	12 Sloppy Joe*** Ranch Potatoes* Green Beans w/Bacon & Onion* Fresh Strawberries*
15 Creamy Chicken Creamy Chicken Stuffing** Peas* Mandarin Oranges & Pineapple*	16 BBQ Pork Wings* Roasted Sweet Potatoes w/ Brussels Sprouts* Fresh Strawberries* Lemon White Chocolate Cookie**	17 Meatloaf* w/Gravy Mashed Potatoes* Peas & Carrots* Malibu Fruit Blend* Multi Grain Swirl Bread**	18 Chicken Enchiladas*** Spanish Rice* Cucumber & Tomato Salad Clementine*	19 Baked Spaghetti** California Blend Vegetables Red Grapes* Savory Garlic Bread*
22 BBQ Chicken Breast* Green Beans Baked Beans** Potato Salad* Kiwi* Apple Juice*	23 Ginger Chicken & Asparagus* Brown Rice** Peach Crisp** Clementine*	24 French Dip*** Ranch Potatoes* Cucumber & Tomato Salad Golden Delicious Apple* <i>*Special Menu at Trailside, see pg. 11.</i>	25 Crispy Pollock Fillet* Macaroni & Cheese* Romaine & Leaf Tossed Salad Clementine* French Bread Roll*	26 BBQ Pulled Pork Sandwich*** Ranch Potatoes* Coleslaw* Strawberries & Blueberries*
29 Pork Chop Suey* over Brown Rice** Apple Blueberry Crisp** Clementine* Fortune Cookie	30 Tater Tot Casserole* Stewed Apples* Wheat Sweet Yeast Roll** Grape Cranberry Juice*	31 All American Burger *** Roasted Red Potatoes ** Baby Carrot Pack Fruited Gelatin**	1 AUGUST Chicken Bowl*** Corn* Strawberries & Blueberries*	2 Alaskan Pollock Fillet* Cheesy Potatoes** Broccoli w/Cheese Banana**

All meals served at 11:30 am at the Activity & Dining Centers. To reserve a lunch by 9 am call the Center you will attend:

Sanford: (989) 687-7888 Coleman: (989) 465-6216 Trailside: (989) 633-3790 Mills: (989) 282-1622 Greendale: (989) 832-8683.

Meals on Wheels Hotline: Call 989-633-3789 for changes in delivery by 9 am. Reservations are required. Menus subject to change without notice.

* = 15 gm carbohydrate. If there is no (*) by an item, there are little-no carbohydrates in that food item. Milk* is served with each meal.



Meals on Wheels Cold MENU • JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Almond Lemon Chicken Macaroni Salad** Fresh Pear** Hawaiian Roll*	2 Heavenly Chicken Salad* Malibu Fruit Blend* Red Beans & Pasta Salad** Thousand Island Dressing* Croutons	3 <u>4th of July Celebration</u> Turkey Sandwich** Corn Salad* Red Delicious Apple* Oatmeal Cookie*	4 ALL CENTERS CLOSED FOR INDEPENDENCE DAY NO MEALS ON WHEELS DELIVERIES	5 ALL CENTERS CLOSED NO MEALS ON WHEELS DELIVERIES
8 Egg Salad Confetti Bean Salad* Grape Cranberry Juice* Wheat Sweet Yeast Roll**	9 Mexican Chicken Salad Tortilla Chips* Corn Salad* Fresh Plum* Banana Pudding w/ Vanilla Wafers**	10 Chicken Tortellini Salad** Apple Raisin Carrot Salad* Kiwi* Fruited Gelatin**	11 Pork Sandwich** Navy Bean Salad* Strawberries & Blueberries*	12 Poppyseed Chicken Pasta Salad*** Confetti Bean Salad* Mangos & Pineapple* Peanut Butter Cookie*
15 Chicken & Bean Salad** Apple Raisin Carrot Salad* Red Grapes* Sweet Banana Nut Bread**	16 Chicken Waldorf Salad Greek Pasta Salad* Fresh Strawberries* Triple Chocolate Cookie**	17 Boiled Eggs Broccoli Citrus Salad* Fresh Pear** Apple Walnut Buttermilk Muffin**	18 Taco Salad Red Beans & Pasta Salad** Fresh Plum* Banana Pudding w/ Vanilla Wafers**	19 Meatloaf* Rye Bread** Macaroni Salad** Clementine*
22 Ham Sandwich** Peas & Peanut Salad* Mangos & Pineapple* Tomato Juice	23 Cottage Cheese & Fruit* Navy Bean Salad* Grape Cranberry Juice* Lemon White Chocolate Cookie**	24 Chef Salad Fresh Blueberries* Strawberry Angel Food Shortcake***	25 Asian Chicken Salad** Broccoli Citrus Salad* Fresh Pear** Chocolate Pudding**	26 Chicken Pasta Salad** Navy Bean Salad* Banana** Naan Flatbread*
29 Almond Lemon Chicken Macaroni Salad** Fresh Pear** Hawaiian Roll*	30 Heavenly Chicken Salad* Malibu Fruit Blend* Red Beans & Pasta Salad** Thousand Island Dressing* Croutons	31 Turkey Sandwich** Corn Salad* Red Delicious Apple* Oatmeal Cookie*	1 AUGUST Tuna Pasta Salad** Confetti Bean Salad* Clementine* Sourdough Bread*	2 Million Dollar Chicken Salad Broccoli Citrus Salad* Fresh Pear** Bread Pudding***

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