

July 2022 Senior Menus

DATE *Note: Menus Subject to Change without Notice*

#4 Last Week of Spring Menu Cycle - Special July 4th Meal on Friday 7/1

6/27/2022	M	Pork Loin, Collard Greens, Red Bliss Potatoes, Applesauce, Orange Juice, Milk
6/28/2022	Tu	Chicken Caesar Salad with Dressing, Croutons; Tomato Salad, Mandarin Orange, Crackers, Milk
6/29/2022	W	Sloppy Joe Sandwich on WG Bun, California Blend Vegetables, Lima Beans, Banana, Milk
6/30/2022	Th	Egg Salad Sandwich on WG Bread, Cole Slaw, Peaches, Orange Juice, Milk
7/1/2022	F	Hamburger w/Lettuce & Tomato (ketchup/mustard), Broccoli/Cauliflower Salad, Baked Beans, Cake, Milk

#1 First Week of Summer Menu Cycle

7/4/2022	M	CLOSED - July 4th Holiday
7/5/2022	Tu	No MOW Delivery Monday 7/4
7/6/2022	W	Oven Roasted Chicken, Rice, Mixed Greens Salad w/Dressing, Cantaloupe, Bread w/Butter, Milk
7/7/2022	Th	Egg Salad Sandwich, Carrot & Raisin Salad, Banana, Orange Juice, Milk
7/8/2022	F	Lemon Pepper Tilapia, Baked Potato w/Butter & Sour Cream, Roasted Squash & Zucchini, Orange, Brownie, Milk

#2

7/11/2022	M	Swedish Meatballs w/Penne Pasta, Vegetable Blend, Peach, Orange Juice, Milk
7/12/2022	Tu	Chicken Salad Stuffed Peppers, Crackers, Banana, Grape Juice, Milk
7/13/2022	W	Baked Fish, Brown Rice, Peas & Carrots, Apple, Apple Juice, Chocolate Chip Cookie, Milk
7/14/2022	Th	Ham Sub on Roll w/Tomato/Lettuce/Mayo, Marinated Vegetable Salad, Pear, Milk
7/15/2022	F	Honey Mustard Chicken, Whipped Potatoes, Harvard Beets, Orange, Grape Juice, Roll, Oatmeal Cookie, Milk

#3

7/18/2022	M	Cheese Lasagna w/Tomato Sauce, Zucchini, Italian Bread, Apple Juice, Sugar Cookie, Milk
7/19/2022	Tu	Mediterranean Tuna Salad w/Salad Greens/Peppers/Cucumbers/Chick Peas, Crackers, Orange, Milk
7/20/2022	W	Baked Chicken Tenders, Scalloped Potatoes, Green Beans, Banana, Orange Juice, Bread w/Butter, Milk
7/21/2022	Th	Tortilla Wrap w/Turkey, Swiss Cheese, Spinach, Tomato & Mayo Packet, Apple, Milk
7/22/2022	F	Pork Loin, Mashed Potatoes, Beet & Carrot Salad, Fruit Cocktail, Bread w/Butter, Oatmeal Cookie, Milk

#4

7/25/2022	M	Sweet Pulled Pork Sandwich on Roll, Cole Slaw, Peaches, Apple Juice, Milk
7/26/2022	Tu	Cobb Salad w/Turkey, Cheese, Egg, Salad Greens & Dressing, Crackers, Mandarin Orange, Milk
7/27/2022	W	Breaded Stuffed Chicken, Whipped Sweet Potatoes, French Style Green Beans, Roll w/Butter, Brownie, Milk
7/28/2022	Th	Chicken Salad Sandwich, Cucumber & Tomato Salad, Applesauce, Grape Juice, Milk
7/29/2022	F	Potato Crusted Fish, Tartar Sauce, White Bean & Arugula Salad, Broccoli, Cantaloupe, Bread/Butter, Cookie, Milk

August 2022 Senior Menus

DATE *Note: Menus Subject to Change without Notice*

#1

- 8/1/2022 **M** Roast Beef with Gravy, Roasted Potatoes, Broccoli, Apple, Roll w/Butter, Oatmeal Cookie, Milk
8/2/2022 **Tu** Bologna & Cheese Sandwich w/Mustard, Tossed Salad w/Dressing, 3-Bean Salad, Applesauce, Grape Juice, Milk
8/3/2022 **W** Oven Roasted Chicken, Rice, Mixed Greens Salad w/Dressing, Cantaloupe, Bread w/Butter, Milk
8/4/2022 **Th** Egg Salad Sandwich, Carrot & Raisin Salad, Banana, Orange Juice, Milk
8/5/2022 **F** Lemon Pepper Tilapia, Baked Potato w/Butter & Sour Cream, Roasted Squash & Zucchini, Orange, Brownie, Milk

#2

- 8/8/2022 **M** Swedish Meatballs w/Penne Pasta, Vegetable Blend, Peach, Orange Juice, Milk
8/9/2022 **Tu** Chicken Salad Stuffed Peppers, Crackers, Banana, Grape Juice, Milk
8/10/2022 **W** Baked Fish, Brown Rice, Peas & Carrots, Apple, Apple Juice, Chocolate Chip Cookie, Milk
8/11/2022 **Th** Ham Sub on Roll w/Tomato/Lettuce/Mayo, Marinated Vegetable Salad, Pear, Milk
8/12/2022 **F** Honey Mustard Chicken, Whipped Potatoes, Harvard Beets, Orange, Grape Juice, Roll, Oatmeal Cookie, Milk

#3

- 8/15/2022 **M** Cheese Lasagna w/Tomato Sauce, Zucchini, Italian Bread, Apple Juice, Sugar Cookie, Milk
8/16/2022 **Tu** Mediterranean Tuna Salad w/Salad Greens/Peppers/Cucumbers/Chick Peas, Crackers, Orange, Milk
8/17/2022 **W** Baked Chicken Tenders, Scalloped Potatoes, Green Beans, Banana, Orange Juice, Bread w/Butter, Milk
8/18/2022 **Th** Tortilla Wrap w/Turkey, Swiss Cheese, Spinach, Tomato & Mayo Packet, Apple, Milk
8/19/2022 **F** Pork Loin, Mashed Potatoes, Beet & Carrot Salad, Fruit Cocktail, Bread w/Butter, Oatmeal Cookie, Milk

#4

- 8/22/2022 **M** Sweet Pulled Pork Sandwich on Roll, Cole Slaw, Peaches, Apple Juice, Milk
8/23/2022 **Tu** Cobb Salad w/Turkey, Cheese, Egg, Salad Greens & Dressing, Crackers, Mandarin Orange, Milk
8/24/2022 **W** Breaded Stuffed Chicken, Whipped Sweet Potatoes, French Style Green Beans, Roll w/Butter, Brownie, Milk
8/25/2022 **Th** Chicken Salad Sandwich, Cucumber & Tomato Salad, Applesauce, Grape Juice, Milk
8/26/2022 **F** Potato Crusted Fish, Tartar Sauce, White Bean & Arugula Salad, Broccoli, Cantaloupe, Bread/Butter, Cookie, Milk

#1 Special Labor Day Meal on Friday 9/2

- 8/29/2022 **M** Roast Beef with Gravy, Roasted Potatoes, Broccoli, Apple, Roll w/Butter, Oatmeal Cookie, Milk
8/30/2022 **Tu** Bologna & Cheese Sandwich w/Mustard, Tossed Salad w/Dressing, 3-Bean Salad, Applesauce, Grape Juice, Milk
8/31/2022 **W** Oven Roasted Chicken, Rice, Mixed Greens Salad w/Dressing, Cantaloupe, Bread w/Butter, Milk
9/1/2022 **Th** Egg Salad Sandwich, Carrot & Raisin Salad, Banana, Orange Juice, Milk
9/2/2022 **F** BBQ Chicken, Baked Beans, California Blend Vegetables, Watermelon, Dinner Roll w/Butter, Milk

September 2022 Senior Menus

DATE *Note: Menus Subject to Change without Notice*

#1 Special Labor Day Meal on 9/2

- 8/29/2022 **M** Roast Beef with Gravy, Roasted Potatoes, Broccoli, Apple, Roll w/Butter, Oatmeal Cookie, Milk
- 8/30/2022 **Tu** Bologna & Cheese Sandwich w/Mustard, Tossed Salad w/Dressing, 3-Bean Salad, Applesauce, Grape Juice, Milk
- 8/31/2022 **W** Oven Roasted Chicken, Rice, Mixed Greens Salad w/Dressing, Cantaloupe, Bread w/Butter, Milk
- 9/1/2022 **Th** Egg Salad Sandwich, Carrot & Raisin Salad, Banana, Orange Juice, Milk
- 9/2/2022 **F** BBQ Chicken, Baked Beans, California Blend Vegetables, Watermelon, Dinner Roll w/Butter, Milk

#2

- 9/5/2022 **M** CLOSED - Labor Day Holiday
- 9/6/2022 **Tu** No MOW Delivery Monday 9/5
- 9/7/2022 **W** Baked Fish, Brown Rice, Peas & Carrots, Apple, Apple Juice, Chocolate Chip Cookie, Milk
- 9/8/2022 **Th** Ham Sub on Roll w/Tomato/Lettuce/Mayo, Marinated Vegetable Salad, Pear, Milk
- 9/9/2022 **F** Honey Mustard Chicken, Whipped Potatoes, Harvard Beets, Orange, Grape Juice, Roll, Oatmeal Cookie, Milk

#3

- 9/12/2022 **M** Cheese Lasagna w/Tomato Sauce, Zucchini, Italian Bread, Apple Juice, Sugar Cookie, Milk
- 9/13/2022 **Tu** Mediterranean Tuna Salad w/Salad Greens/Peppers/Cucumbers/Chick Peas, Crackers, Orange, Milk
- 9/14/2022 **W** Baked Chicken Tenders, Scalloped Potatoes, Green Beans, Banana, Orange Juice, Bread w/Butter, Milk
- 9/15/2022 **Th** Tortilla Wrap w/Turkey, Swiss Cheese, Spinach, Tomato & Mayo Packet, Apple, Milk
- 9/16/2022 **F** Pork Loin, Mashed Potatoes, Beet & Carrot Salad, Fruit Cocktail, Bread w/Butter, Oatmeal Cookie, Milk

#4

- 9/19/2022 **M** Sweet Pulled Pork Sandwich on Roll, Cole Slaw, Peaches, Apple Juice, Milk
- 9/20/2022 **Tu** Cobb Salad w/Turkey, Cheese, Egg, Salad Greens & Dressing, Crackers, Mandarin Orange, Milk
- 9/21/2022 **W** Breaded Stuffed Chicken, Whipped Sweet Potatoes, French Style Green Beans, Roll w/Butter, Brownie, Milk
- 9/22/2022 **Th** Chicken Salad Sandwich, Cucumber & Tomato Salad, Applesauce, Grape Juice, Milk
- 9/23/2022 **F** Potato Crusted Fish, Tartar Sauce, White Bean & Arugula Salad, Broccoli, Cantaloupe, Bread/Butter, Cookie, Milk

#1

- 9/26/2022 **M** Roast Beef with Gravy, Roasted Potatoes, Broccoli, Apple, Roll w/Butter, Oatmeal Cookie, Milk
- 9/27/2022 **Tu** Bologna & Cheese Sandwich w/Mustard, Tossed Salad w/Dressing, 3-Bean Salad, Applesauce, Grape Juice, Milk
- 9/28/2022 **W** Oven Roasted Chicken, Rice, Mixed Greens Salad w/Dressing, Cantaloupe, Bread w/Butter, Milk
- 9/29/2022 **Th** Egg Salad Sandwich, Carrot & Raisin Salad, Banana, Orange Juice, Milk
- 9/30/2022 **F** Lemon Pepper Tilapia, Baked Potato w/Butter & Sour Cream, Roasted Squash & Zucchini, Orange, Brownie, Milk