

# July 2023 Senior Menus

DATE *Note: Menus Subject to Change without Notice*

## #1 Week 1 of Summer Menu Cycle \* Monday 7/3 Independence Day Special Meal

- 7/3/2023 M Hamburger w/Lettuce & Tomato on Roll, Broccoli & Cauliflower Salad, Baked Beans, Watermelon, Cake, Milk
- 7/4/2023 Tu Bologna & Cheese Sandwich on Bread, Tossed Salad w/Dressing, 3 Bean Salad, Applesauce, Juice, Milk
- 7/5/2023 W Oven Roasted Chicken, Rice, Mixed Greens Salad w/Dressing, Cantaloupe, Bread w/Butter, Milk
- 7/6/2023 Th Egg Salad Sandwich on Bread, Carrot & Raisin Salad, Banana, Juice, Milk
- 7/7/2023 F Lemon Pepper Fish, Baked Potato w/Butter & Sour Cream, Summer Squash & Zucchini, Orange, Dessert, Milk

## #2

- 7/10/2023 M Ground Beef Lasagna w/Tomato Sauce, Zucchini, Italian Bread, Juice, Dessert, Milk
- 7/11/2023 Tu Mediterranean Tuna Salad w/Greens, Peppers, Cucumbers, Chickpeas; Crackers, Mandarin Orange, Milk
- 7/12/2023 W Baked Chicken Tenders, Scalloped Potatoes, Green Beans, Banana, Bread w/Butter, Juice, Milk
- 7/13/2023 Th Tortilla Wrap w/Turkey, Swiss Cheese, Spinach, Mayo Packet; Pasta Salad, Apple, Juice, Milk
- 7/14/2023 F Pork Loin, Au Gratin Rice, Beet & Carrot Salad, Peaches, Cookie, Milk

## #3

- 7/17/2023 M Swedish Meatballs, Penne Pasta; Veggie Blend Broccoli, Carrots, Cauliflower; Peach, Dessert, Milk
- 7/18/2023 Tu Chicken Salad Stuffed Pepper, Crackers, Banana, Juice, Milk
- 7/19/2023 W Baked Fish, Rice Pilaf, Peas & Carrots, Tropical Fruit Salad, Juice, Milk
- 7/20/2023 Th Ham Sub w/Tomato, Lettuce & Mayo, Roll w/Butter, 3 Bean Salad, Pear, Juice, Milk
- 7/21/2023 F Honey Mustard Chicken, Whipped Potatoes, Harvard Beets, Orange, Dinner Roll w/Butter, Dessert, Milk

## #4

- 7/24/2023 M Sweet Pulled Pork Sandwich, Coleslaw, Peaches, Juice, Dessert, Milk
- 7/25/2023 Tu Cobb Salad w/Turkey, Eggs, Cheese, Greens & Dressing; Crackers, Mandarin Orange, Milk
- 7/26/2023 W Breaded Stuffed Chicken, Whipped Sweet Potatoes, French Style Green Beans, Roll w/Butter, Milk
- 7/27/2023 Th Chicken Salad Sandwich on Bread, Cucumber & Tomato Salad, Applesauce, Juice, Milk
- 7/28/2023 F Potato Crusted Fish w/Tartar Sauce, Arugula Salad w/White Beans, Broccoli, Cantaloupe, Bread w/Butter, Dessert, Milk

# August 2023 Senior Menus

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## #1

- 7/31/2023 M Roast Beef w/ Brown Gravy, Roasted Potatoes, Broccoli, Roll w/Butter, Apple, Milk  
8/1/2023 Tu Bologna & Cheese Sandwich on Bread, Tossed Salad w/Dressing, 3 Bean Salad, Applesauce, Juice, Milk  
8/2/2023 W Oven Roasted Chicken, Rice, Mixed Greens Salad w/Dressing, Cantaloupe, Bread w/Butter, Milk  
8/3/2023 Th Egg Salad Sandwich on Bread, Carrot & Raisin Salad, Banana, Juice, Milk  
8/4/2023 F Lemon Pepper Fish, Baked Potato w/Butter & Sour Cream, Summer Squash & Zucchini, Orange, Dessert, Milk

## #2

- 8/7/2023 M Ground Beef Lasagna w/Tomato Sauce, Zucchini, Italian Bread, Juice, Dessert, Milk  
8/8/2023 Tu Mediterranean Tuna Salad w/Greens, Peppers, Cucumbers, Chickpeas; Crackers, Mandarin Orange, Milk  
8/9/2023 W Baked Chicken Tenders, Scalloped Potatoes, Green Beans, Banana, Bread w/Butter, Juice, Milk  
8/10/2023 Th Tortilla Wrap w/Turkey, Swiss Cheese, Spinach; Pasta Salad, Apple, Juice, Milk  
8/11/2023 F Pork Loin, Au Gratin Rice, Beet & Carrot Salad, Peaches, Cookie, Milk

## #3

- 8/14/2023 M Swedish Meatballs, Penne Pasta; Veggie Blend Broccoli, Carrots, Cauliflower; Peach, Dessert, Milk  
8/15/2023 Tu Chicken Salad Stuffed Pepper, Crackers, Banana, Juice, Milk  
8/16/2023 W Baked Fish, Rice Pilaf, Peas & Carrots, Tropical Fruit Salad, Juice, Milk  
8/17/2023 Th Ham Sub w/Tomato, Lettuce & Mayo, Roll w/Butter, 3 Bean Salad, Pear, Juice, Milk  
8/18/2023 F Honey Mustard Chicken, Whipped Potatoes, Harvard Beets, Orange, Dinner Roll w/Butter, Dessert, Milk

## #4

- 8/21/2023 M Sweet Pulled Pork Sandwich, Coleslaw, Peaches, Juice, Dessert, Milk  
8/22/2023 Tu Cobb Salad w/Turkey, Eggs, Cheese, Greens & Dressing; Crackers, Mandarin Orange, Milk  
8/23/2023 W Breaded Stuffed Chicken, Whipped Sweet Potatoes, French Style Green Beans, Roll w/Butter, Milk  
8/24/2023 Th Chicken Salad Sandwich on Bread, Cucumber & Tomato Salad, Applesauce, Juice, Milk  
8/25/2023 F Potato Crusted Fish w/Tartar Sauce, Arugula Salad w/White Beans, Broccoli, Cantaloupe, Bread w/Butter, Dessert, Milk

## #1 \* Friday 9/1 Labor Day Special Meal

- 8/28/2023 M Roast Beef w/ Brown Gravy, Roasted Potatoes, Broccoli, Roll w/Butter, Apple, Milk  
8/29/2023 Tu Bologna & Cheese Sandwich on Bread, Tossed Salad w/Dressing, 3 Bean Salad, Applesauce, Juice, Milk  
8/30/2023 W Oven Roasted Chicken, Rice, Mixed Greens Salad w/Dressing, Cantaloupe, Bread w/Butter, Milk  
8/31/2023 Th Egg Salad Sandwich on Bread, Carrot & Raisin Salad, Banana, Juice, Milk  
9/1/2023 F *BBQ Chicken, California Blend Vegetables, Baked Beans, Cantaloupe, Roll w/Butter, Cake, Milk*

# September 2023 Senior Menus

DATE *Note: Menus Subject to Change without Notice*

## #2

- 9/4/2023 **M** COA Closed - Labor Day Observed  
9/5/2023 **Tu** No Home Delivered Meals on Monday, 9/4/2023  
9/6/2023 **W** Baked Chicken Tenders, Scalloped Potatoes, Green Beans, Banana, Bread w/Butter, Juice, Milk  
9/7/2023 **Th** Tortilla Wrap w/Turkey, Swiss Cheese, Spinach; Pasta Salad, Apple, Juice, Milk  
9/8/2023 **F** Pork Loin, Au Gratin Rice, Beet & Carrot Salad, Peaches, Cookie, Milk

## #3

- 9/11/2023 **M** Swedish Meatballs, Penne Pasta; Veggie Blend Broccoli, Carrots, Cauliflower; Peach, Dessert, Milk  
9/12/2023 **Tu** Chicken Salad Stuffed Pepper, Crackers, Banana, Juice, Milk  
9/13/2023 **W** Baked Fish, Rice Pilaf, Peas & Carrots, Tropical Fruit Salad, Juice, Milk  
9/14/2023 **Th** Ham Sub w/Tomato, Lettuce & Mayo, Roll w/Butter, 3 Bean Salad, Pear, Juice, Milk  
9/15/2023 **F** Honey Mustard Chicken, Whipped Potatoes, Harvard Beets, Orange, Dinner Roll w/Butter, Dessert, Milk

## #4

- 9/18/2023 **M** Sweet Pulled Pork Sandwich, Coleslaw, Peaches, Juice, Dessert, Milk  
9/19/2023 **Tu** Cobb Salad w/Turkey, Eggs, Cheese, Greens & Dressing; Crackers, Mandarin Orange, Milk  
9/20/2023 **W** Breaded Stuffed Chicken, Whipped Sweet Potatoes, French Style Green Beans, Roll w/Butter, Milk  
9/21/2023 **Th** Chicken Salad Sandwich on Bread, Cucumber & Tomato Salad, Applesauce, Juice, Milk  
9/22/2023 **F** Potato Crusted Fish w/Tartar Sauce, Arugula Salad w/White Beans, Broccoli, Cantaloupe, Bread w/Butter, Dessert, Milk

## #1

- 9/25/2023 **M** Roast Beef w/ Brown Gravy, Roasted Potatoes, Broccoli, Roll w/Butter, Apple, Milk  
9/26/2023 **Tu** Bologna & Cheese Sandwich on Bread, Tossed Salad w/Dressing, 3 Bean Salad, Applesauce, Juice, Milk  
9/27/2023 **W** Oven Roasted Chicken, Rice, Mixed Greens Salad w/Dressing, Cantaloupe, Bread w/Butter, Milk  
9/28/2023 **Th** Egg Salad Sandwich on Bread, Carrot & Raisin Salad, Banana, Juice, Milk  
9/29/2023 **F** Lemon Pepper Fish, Baked Potato w/Butter & Sour Cream, Summer Squash & Zucchini, Orange, Dessert, Milk