

WED July 1	FRI July 3
No Meals on Wheels 	Juice
	Maple Glazed Salmon Oven-Browned Potatoes
	Chicken Alfredo Pasta
	Spinach Italian Mix Vegetables
Office Closed	French Cream Cheesecake
	Strawberries

MON July 6	WED July 8	FRI July 10
Juice	Juice	Juice
Salisbury Steak w Gravy Mashed Potatoes	BBQ Farmers Sausage Mashed Potatoes	Pork Chop & Mushroom Sauce Whipped Potatoes
Seasoned Chicken Thigh Mashed Potatoes	Turkey Cacciatore Rice	Honey Mustard Haddock Diced Potatoes
Broccoli Carrots	California Vegetables Green Beans	Asian Vegetables Corn
Maple Cake	Peach Crisp	Orange Dream Shortcake
Fruit Cocktail	Diced Pears	Blueberries

MON July 13	WED July 15	FRI July 17
Juice	Juice	Juice
Turkey Pot Pie Mashed Potatoes	Meatloaf w Gravy Mashed Potatoes	Teriyaki Beef & Broccoli Rice
Baked Pollock Rice	Spinach & Cheese Cannelloni Garlic Toast	Lemon Pepper Cod Mashed Potatoes
Squash Green Beans	Peas Zucchini	Asian Vegetables Carrots
Assorted Cheesecake	Blondie Bars	Chocolate Cake
Melon	Cinnamon Pears	Apricots

MON July 20	WED July 22	FRI July 24
Juice	Juice	Juice
Baked Ham Scalloped Potatoes	Baked Chicken w Chalet Sauce Baked Potato	Beef Stroganoff Buttered Egg Noodles
Italian Baked Fish Mashed Potatoes	Vegetable Lasagna	Baked Lemon Salmon Lyonnaise Potatoes
Asparagus Sliced Beets	Tossed Salad & Italian Dressing Broccoli	Peas Cauliflower
Assorted Tart	Carrot Cake	Lemon Bar
Pineapple Tidbits	Diced Pears	Peach Slices

MON July 27	WED July 29	FRI July 31
Juice	Juice	Juice
Salisbury Steak w Gravy Mashed Potatoes	BBQ Farmers Sausage Mashed Potatoes	Pork Chop & Mushroom Sauce Whipped Potatoes
Seasoned Chicken Thigh Mashed Potatoes	Turkey Cacciatore Rice	Honey Mustard Haddock Diced Potatoes
Broccoli Carrots	California Vegetables Green Beans	Asian Vegetables Corn
Maple Cake	Peach Crisp	Orange Dream Shortcake
Fruit Cocktail	Diced Pears	Blueberries