

# July Menu 2016

For questions regarding your meals, please contact Robin at 419-782-3321

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>"nsc" means that we can provide a dessert with no concentrated sweets added. "s.f." means sugar free. All bread and rolls are whole wheat unless specified.</p>				<p><b>July 27th Evening Meal Menu</b> Come &amp; enjoy: beef stroganoff a baked potato peas &amp; onions broccoli salad &amp; strawberry pound cake</p>	<p>1 BBQ chicken potato salad baked beans whole wheat roll cherry crisp nsc = fresh cherries</p>
<p>4 Defiance County Senior Services is closed in celebration of Independence Day</p>	<p>5 wet beef &amp; bean burrito with yellow and red peppers, onions &amp; cheese fiesta blend vegetables fresh peach refried beans cookie ncs= sf cookie</p>	<p>6 BBQ pork sandwich mixed vegetables mac &amp; cheese broccoli salad pears</p>	<p>7 spaghetti &amp; meat sauce Italian blend vegetables mandarin oranges garlic cheese bread</p>	<p>8 grilled chicken salad with cheese and fresh tomatoes fruit cocktail whole wheat roll birthday cake ncs= angel food cake</p>	
<p>11 sweet &amp; sour chicken Maui blend vegetables steamed cabbage Asian rice grape juice whole wheat bread</p>	<p>12 tenderloin pattie with gravy California blend vegetables mashed potatoes apricots whole wheat Roll cookie ncs= sf cookie</p>	<p>13 sub sandwich vegetable soup 3 bean salad fresh apple crackers</p>	<p>14 brats and Mexi-blend cheese on a bun alt= low sodium shredded beef sauerkraut steak fries peachy cherry sauce</p>	<p>15 baked potato with broccoli, ham and cheese alt - chicken in place of the ham fresh plum garlic bread rice krispy treat ncs = sf cookie</p>	
<p>18 baked chicken thighs carrots scaloped potatoes raisins whole wheat roll</p>	<p>19 meatloaf cauliflower apple slices with cinnamon key west blend vegetables biscuit cookie ncs = sf cookie</p>	<p>20 chicken salad sandwich on a croissant salad with blue cheese &amp; bacon bits tropical fruit salad pickled beets</p>	<p>21 pork chop with gravy baked potato asparagus mandarin oranges whole wheat roll</p>	<p>22 hamburger pattie with gravy mashed potatoes green beans &amp; mushrooms apple juice cornbread brownie ncs = sf cookie</p>	
<p>25 beef tips over egg noodles stewed tomatoes seasoned squash pineapple tidbits wheat bread</p>	<p>26 turkey &amp; gravy mashed potatoes corn fresh peach whole wheat roll graham crackers</p>	<p>27 cheeseburger mixed vegetables tater tots ambrosia salad</p>	<p>28 BBQ chicken wings cucumber salad potato salad peachy cherry sauce French bread</p>	<p>29 pizza bake French green beans cauliflower pears bosco stick strawberry sundae cup ncs = sherbet</p>	