



Defiance County Senior Services

July Menu 2017

Questions regarding your meal delivery? Please call Robin at 419-782-3321

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Barbecued Chicken Potato Salad Baked Beans Cherry Crisp nsc= fresh cherries Wheat Rolls</p>	<p>4 Defiance County Senior Services will be Closed in observance of Independence Day</p>	<p>5 Hot Beef Sandwich Mixed Vegetables Mac & Cheese Mixed Fruit Orange Juice Salad Bar</p>	<p>6 Chicken Fajitas Fiesta Blend Vegetables Refried Beans Pears Flour Tortilla</p>	<p>7 Pork Chop & Gravy Mashed Potatoes Asparagus Apple Slices Dinner Roll Birthday Cake ncs= Angel Food Cake</p>
<p>10 Sweet & Sour Chicken over Asian Rice Oriental Blend Vegetables Brussel Sprouts Grape Juice Wheat Bread</p>	<p>11 Brats with Cheese alt= Shredded Beef Sauerkraut Cheesy Potatoes Apple Crisp ncs= Apple Slices with Cinnamon</p>	<p>12 Chef's Salad with Ham & Turkey alt= Turkey only Peaches Crackers Wheat Bread</p>	<p>13 Spaghetti & Meat Sauce Italian Blend Vegetables Mandarin Oranges Garlic Bread</p>	<p>14 Oven Fried Chicken Diced Potatoes Key West Blend Vegetables Tropical Fruit Dinner Roll Cookie ncs= SF Jell-O</p>
<p>17 Dinner Ham with Apple Juice alt = Chicken Gingered Carrots Scalloped Potatoes Raisins Dinner Roll</p>	<p>18 Meat Loaf Cauliflower Squash Apple Dinner Roll Cookie ncs = SF Cookie</p>	<p>19 Chicken Salad Sandwich Potato Salad 3 Bean Salad Ambrosia Salad Salad Bar</p>	<p>20 Tenderloin Patty with Gravy Cauliflower & Onions Mashed Potatoes Apricots Dinner Roll</p>	<p>21 Baked Potato with Cheese, Broccoli and Diced Turkey Apple Juice Bosco Stick Rice Krispy Treat ncs = SF Pudding</p>
<p>24 Chicken Breast with Gravy Red Skin Potatoes Cabbage Applesauce Dinner Roll</p>	<p>25 Turkey & Gravy Sweet Potatoes Corn Bread Dressing Fruit Cocktail Graham Crackers</p>	<p>26 Cheeseburger Mixed Vegetables Tater Tots Melon Salad Bar</p>	<p>27 Chicken and Dumplings over Mashed Potatoes Sweet Peas Tropical Fruit</p>	<p>28 Cheese Pizza Bake Hot Pears French Green Beans Bread Stick Sherbet</p>
<p>31 Beef Tips over Egg Noodles Zucchini Mushrooms & Onions Pineapple Tidbits Wheat Bread</p>	<p style="text-align: center;">Evening Meal - Wednesday, July 26th At 5:00pm - Enjoy Oven Fried Chicken, Mashed Potatoes, Corn, a Side Salad, Fruit Juice and Banana Whip for dessert! YUM!!</p>		<p>“nsc” means that we can provide a dessert with no concentrated sweets added. “SF” means sugar free. To access ingredients, please contact Delinda at 419-783-4813</p>	<p>our rolls and breads are whole wheat unless specified otherwise. Enjoy!</p>