

**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
JULY 2010 MENU - FINAL**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**MENU SUBJECT TO CHANGE
WITHOUT NOTICE
MARGARINE & HALF PINT OF MILK
SERVED WITH EVERY MEAL**

Cost Share \$3.00

**PLEASE CALL 24 HOURS IN
ADVANCE TO CANCEL MEALS
810-632-2155
888-886-8971**

1

**CHOPPED STEAK W/ GRAVY
POTATO WEDGES
MIXED VEGETABLE
FLAKEY BISCUIT
ORANGE
DESSERT**

2

**TURKEY HAM
WITH GLAZED PINEAPPLE
SCALLOP POTATOES
STEAMED SPINACH
POTATO ROLL
FRESH MELON
DESSERT**

5

CLOSED

INDEPENDENCE DAY

6

**SWEDISH MEATBALLS
MASHED POTATOES
PEAS & CARROTS
SOUR DOUGH BREAD
PEACHES
DESSERT**

7

**MARINATED PORK CHOPS / GRAVY
CANDIED SWEET POTATOES
SUCCOTASH
CORN BREAD
CINNAMON APPLE SAUCE
DESSERT**

8

**LEMON CHICKEN W/ SAUCE
RICE PILAF
BROCCOLI FLOWERETTES
TOSSED SALAD
WHOLE WHEAT BREAD
PEARS
DESSERT**

9

**HAMBURGER ON BUN
LETTUCE, TOMATO, &
CONDIMENTS
POTATO SALAD
BAKED BEANS
SEASONAL FRUIT
DESSERT**

12

**SALISBURY STEAK W/ GRAVY
MASHED POTATOES
PICKLED BEETS
BUTTERED ROLL
APRICOTS
DESSERT**

13

**BBQ CHICKEN
BAKED POTATO
GREEN BEANS
CORN MUFFIN
APPLE
DESSERT**

14

**BEEF LASAGNA
ITALIAN BLEND VEGETABLE
MIXED GREEN SALAD
WHOLE GRAIN BREAD
PINEAPPLE CUTS
DESSERT**

15

**POTATO POLLOCK FISH CRUNCH
W/ TARTER SAUCE
CHEESE CREAMED CAULIFLOWER
DILLED CARROTS
PAN ROLL
FRESH SEASONAL FRUIT
DESSERT**

16

**CHEF SALAD W/ MIXED GREENS
W/ HAM, TURKEY, CHEESE
BOILED EGG, TOMATO, CUCUMB
HONEY WHEAT BREAD
PLUM
DESSERT**

19

**ITALIAN SAUSAGE
W/ PEPPERS & ONIONS
SICILIAN MIXED VEGETABLES
GARDEN SALAD W/ TOMATO
ITALIAN ROLL
ORANGE
DESSERT**

20

**STUFFED CABBAGE
WHOLE PARSLEY POTATOES
GLAZED CARROTS
RYE BREAD
FRUIT COCKTAIL
DESSERT**

21

**HERBED CHICKEN
VEGGIE PASTA SALAD
STEAMED SPINACH
GARLIC BREAD
GRAPES
DESSERT**

22

**TURKEY POT PIE
MIXED VEGETABLES
CARROT RAISIN SALAD
CORN MUFFIN
FRESH SEASONAL FRUIT
DESSERT**

23

**ROAST BEEF
MASHED POTATOES
BROCCOLI FLOWERETTES
WHOLE WHEAT BREAD
BANANA
DESSERT**

26

**BAKED CHICKEN
MASHED POTATOES W/ GRAVY
ITALIAN GREEN BEANS
WHOLE GRAIN BREAD
PEARS
DESSERT**

27

**PULLED PORK
BAKED BEANS
VEGETABLE SPAGHETTI SALAD
BUN
PINEAPPLE CUTS
DESSERT**

28

**TURKEY SALAD PLATTER
W/ MIXED GREEN LETTUCE
TOMATO, CUCUMBER
CARROT, CELERY STICKS
FRESH SEASONAL FRUIT
DESSERT**

29

**MEAT LOAF W/ GRAVY
OVEN ROASTED POTATOES
BRUSSEL SPROUTS
POTATO BREAD
APRICOTS
DESSERT**

30

**TUNA NOODLE CASSEROLE
SNAP PEAS
SPINACH SALAD W/ MANDERINS
BISCUIT
PEACHES
DESSERT**