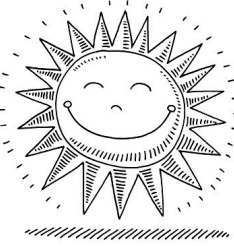





July 2021

SUGGESTED CONTRIBUTION: Drive-thru/Congregate: \$4.50, Meals on Wheels: \$4.50 **Under 60 Cost:** \$6.00
No eligible individual shall be denied participation due to inability to contribute. Menu subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Drive-Thru Lunch Pick UP Senior Center: Mondays & Thursdays from 11:45 am until 12:30 pm Call 533-2622 for reservations. Groveland (The Little House): Thursday's Noon to 12:30 pm Call 962-7303 for reservation.	Whole Wheat (WW) Bread, Margarine, and Low Fat (2%) Milk (Vitamin A) will be offered with all meals. Nonfat chocolate milk is available at drive-thru sites only. Meals are low in sodium unless marked with high-sodium icon: 	1 Fish Stick Fillet, Tartar Sauce Roasted Potatoes Green Beans Orange	2 BBQ Chicken Thigh Macaroni Salad Baked Beans Salad w/ Olives, Tomatoes, & Carrots Peaches
Closed Independence Day 5 	6 Beef Ravioli w/ Marinara Broccoli Peas & Carrots Applesauce	7 Shrimp Scampi with Pasta Tomato Salad Stir Fry Veggies Mandarin Oranges	8 Stuffed Bell Pepper with Diestel Turkey & brown rice Cauliflower Pear	9 Egg Bake w/ Spinach & Red Bell Pepper Rice Pilaf Salad w/ Tomatoes, Cucumbers, & Olives Diced Carrots Banana
12 Chicken Tacos Shredded Lettuce, Tomatoes Fajita Blend Veggies Brown Spanish Rice Orange	13 Beef Stroganoff Egg Noodles Capri Blend Spinach w/ Tomato, Cranberry, & Feta Cheese Peaches	14 Enchilada Casserole Fiesta Black Beans & Corn Chipotle Coleslaw Applesauce	15 Roasted Veggie Quiche Rice Salad w/ Tomato, Carrots California Blend Veggies Banana Cupcake	16 Diestel Turkey Burger Potato Fries Green Beans Apricots Cupcake
19 Beef & Tomato Macaroni Casserole Peas Italian Blend Veggies Orange	20 Sweet & Spicy Pork Rice Stir Fry Veggies Green Beans Pineapple	21 Chicken Salad Sandwich Broccoli Salad Carrot Sticks Pear	22 Tamale Pie Peas & Carrots Capri Blend Veggies Tropical Fruit	23 Baked Potato w/ Diestel Turkey Chili Broccoli Apple
26 Diestel Turkey Pot Pie Green Beans California Blend Veggies Apple	27 Veggie Burger w/ Cheese & Pesto Ranch WW Bun/Lettuce/Tomato Sweet Potato Fries Apricots	28 Baked Fish Brown Rice Pilaf Corn Capri Blend Veggies Banana	29 Lisa's Salsa Chicken Seasoned Potatoes Black Beans Mandarin Oranges	30 Teriyaki Beef with Rice Broccoli Fajita Blend Veggies Tropical Fruit 

A special THANK YOU to TERZICH & WILSON – CREMATION - FUNERAL HOME - for providing copies of this menu!

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