

Meal delivery
cancellations due
by: **9:00 a.m.**

July 2022

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Modified Diet Choices Cardiac Diabetic Diverticulitis</p> <p>Texture Choices Regular Chopped Pureed</p> <p>Milk Choices Skim 2% Chocolate</p>	<p>Choice of Entrée - You must have the choice slip from your newsletter turned in by the date specified. If the choice slip is not turned in, you will receive the first item on that date.</p>			<p>July 1 CHOICE Macaroni & Cheese Stewed Tomatoes Green Peas Red, White, & Blue Parfait (strawberries, blueberries, yogurt) Wheat Bread with Margarine</p>
<p>July 4</p> <p>CLOSED FOR INDEPENDENCE DAY PLEASE, USE HOLIDAY MEAL</p>	<p>July 5 Bacon Cheeseburger with Pickle Molasses Baked Beans Zucchini Tropical Fruit Hamburger Bun Chocolate Pudding</p>	<p>July 6 CHOICE Shredded Chicken Mixed Vegetables Stewed Tomatoes Mandarin Oranges Hamburger Bun Oatmeal Raisin Cookie</p>	<p>July 7 BBQ Pork Macaroni & Cheese Caribbean Blend Vegetables Cranberry Juice Dixie's Coleslaw Cornbread with Margarine</p>	<p>July 8 CHOICE Vegetable Lasagna Buttered Yellow Corn Green Beans Apricots Wheat Bread with Margarine Chocolate Chip Cookie</p>
<p>July 11 Breaded Oven Baked Chicken Scalloped Potatoes Onion Seasoned Green Beans Apple Juice Wheat Bread with Margarine Vanilla Wafers</p>	<p>July 12 Reuben Casserole Yellow Corn Warm Peaches Rye Bread Apple Streusel Bread</p>	<p>July 13 CHOICE Chicken Burrito Bowl with White Rice & Black Beans Brussels Sprouts Warm Dinner Roll with Margarine Fresh Diced Fruit Side Lettuce, S. Cream, & Taco Sauce</p>	<p>July 14 Beef Ravioli Yellow Squash Warm Cinnamon Apple Slices Tossed Salad with Ranch Dressing Peaches Crackers</p>	<p>July 15 CHOICE Pimento Cheese over Lettuce Dixie's Coleslaw Fresh Diced Fruit Crackers Coconut Cake</p>
<p>July 18 Cheesy Beef & Bow-Ties Black Beans & Corn Cauliflower Mixed Citrus Fruit Wheat Bread with Margarine Chocolate Pudding Cup</p>	<p>July 19 Ham, Green Beans, & Potatoes Capri Blend Vegetables Warm Dinner Roll with Margarine Blueberries over Pound Cake</p>	<p>July 20 CHOICE Teriyaki chicken Breast over Brown Rice Oriental Blend Vegetables Gold Hominy Fresh Banana Watergate Salad Dinner Roll with Margarine</p>	<p>July 21 Roast Beef with Gravy Mashed Potatoes with Gravy Onion Seasoned Green Beans Fresh Orange Wheat Bread with Margarine Blueberry Bread</p>	<p>July 22 CHOICE Breaded Fish Rosemary & Garlic Potatoes Broccoli in Cheese Sauce Strawberry Applesauce Cup Hamburger Bun Banana Cream Pie</p>
<p>July 25 Chicken, Broccoli, Rice Casserole Yellow Corn French Green Beans Applesauce Cup Wheat Bread with Margarine Vanilla Pudding Cup</p>	<p>July 26 Johnnie Marzetti Peas Carrots Apricots Garlic Bread</p>	<p>July 27 CHOICE Meatloaf with Gravy Mashed Potatoes with Gravy Green Beans Pears in Cherry Jell-O Dinner Roll with Margarine Banana Nut Muffin</p>	<p>July 28 Ham, Cheese, with Lettuce, Tomato, and Pickle Mustard Potato Salad Chilled Fruit Cocktail Red Velvet Cookie Hamburger Bun Mayo Packet</p>	<p>July 29 CHOICE Cheese Omelet Diced Potatoes Sliced Beets Orange Juice Biscuit with Margarine & Honey Packet Chocolate Cake with Chocolate Icing</p>

CONGREGATE SITE RESERVATIONS received the same day may not always be served what is on the menu. Please call one week in advance.

VOLUNTARY CONTRIBUTIONS FOR PERSONS AGED 60 & OLDER. THOSE UNDER AGE 60: THE CHARGE IS \$8.75 PER MEAL.

2020 Nutrition Programs are funded by: Title-III of the Older Americans Act via C.O.A.A.A., MOW Senior Services Levy, Client & Community Donations, and Agency Fundraising.

YOUR REGULAR, GENEROUS DONATIONS ARE GREATLY APPRECIATED. Participants over age 60 will not be denied Title-III funded meals due to their inability to contribute as long as funding lasts.

Ingredient information is available on our website—www.mowfc.org