July Lunch Menu Senior Services

Food Vendor Aging True

\*\*Meal Reservations Required \*\*

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| 8th-National Blueberry Day16th-Cherry Day22nd-Mango Day28th-Milk Chocolate Day31st-Avacado Day | 1 BBQ ChickenCornGreen BeansHamburger BunPickle SlicesFruit Cup1% Milk | 2 Salisbury Steak/GravyWhipped PotatoesCarrotsWheat BreadFresh Fruit1% Milk | 3 BBQ ChickenBaked BeansHashbrown CasseroleDinner RollLorna Doone Cookie1% Milk | 4Center ClosedUSA249 Years Old |
| 7 Beef and Rice CasseroleGreen BeansCarrotsWheat BreadFruit Cup1% Milk | 8 Pork SausageNorthern BeansCabbageHot Dog BunFruit Cup1% MilkMustard | 9 Beef Taco MeatPinto BeansMexican CornLettuce/TomatoCheeseTortillaFresh Fruit1% MilkTaco Sauce | 10 Chicken SaladGreen Pea SaladGarbanzo Bean SaladSaltine CrackersFresh Fruit1% Milk | 11 Chop Steak and GravyWhipped PotatoesSummer VegetablesWheat BreadFresh Fruit1% Milk |
| 14 Sweet and Sour ChickenFried RiceJapanese VegetablesDinner RollFruit Cup1% Milk | 15 BBQ Rib Pork PattyRed Beans and RiceCabbageDinner RollFruit Cup1% Milk | 16 Beef Meatballs Spaghetti SaucePenne NoodlesGreen PeasWheat BreadFresh Fruit1% Milk | 17 Chicken LegsLima BeansCountry VegetablesDinner RollFresh Fruit1% Milk | 18 Hamburger Beef PattyBaked Pinto BeansLettuce/TomatoHamburger BunFresh Fruit1% Milk |
| 21 Chili Mac with Ground BeefCornGarden VegetablesWheat BreadFruit Cup1% Milk | 22 Chicken Chow MeinRiceGreen PeasWheat BreadFruit Cup1% Milk | 23 Sloppy Joe MeatMixed BeansCalifornia VegetablesHamburger BunFresh Fruit1% Milk | 24 Chicken SaladPotato SaladLettuce/TomatoWheat BreadFresh Fruit1% Milk | 25 Pork SausageBlackeye PeasGreen BeansHot Dog BunFresh Fruit1% MilkMustard |
| 28 Meatballs inGravy (Ground Beef)Ranch PotatoesGreen BeansWheat BreadFruit Cup1% Milk | 29 BBQ ChickenMacaroni and CheeseGreen PeasHamburger BunFruit Cup1% Milk | 30 Beef Frito Pie (Ground Beef)CornSpanish RiceCorn Chips Fresh Fruit1% Milk | 31 Orange ChickenDelmonico PotatoesCabbageDinner RollFresh Fruit1% Milk | Avocado with solid fill |

Menu Prepared by Mandy Patrick, MS.RD,LD with Aging True, 4250 Lakeside Dr. #116, Jacksonville, FL 32210

Menu Approved by Sharon Meier Lutheran,MSH,RDN,LDN\_\_\_\_\_\_\_\_ Date of Approval May 30, 2025\_\_\_\_\_\_\_\_\_\_