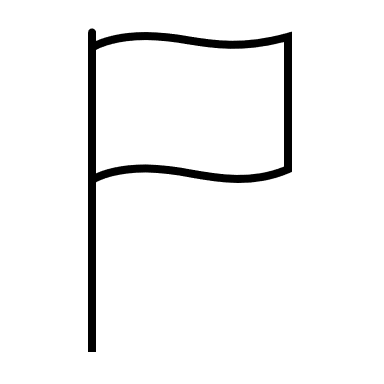
July Lunch Menu Senior Services

Food Vendor Aging True

\*\*Meal Reservations Required \*\*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8th-National Blueberry Day  16th-Cherry Day  22nd-Mango Day  28th-Milk Chocolate Day  31st-Avacado Day | 1 BBQ Chicken  Corn  Green Beans  Hamburger Bun  Pickle Slices  Fruit Cup  1% Milk | 2 Salisbury Steak/Gravy  Whipped Potatoes  Carrots  Wheat Bread  Fresh Fruit  1% Milk | 3 BBQ Chicken  Baked Beans  Hashbrown Casserole  Dinner Roll  Lorna Doone Cookie  1% Milk | 4  Center Closed  USA  249 Years Old |
| 7 Beef and Rice Casserole  Green Beans  Carrots  Wheat Bread  Fruit Cup  1% Milk | 8 Pork Sausage  Northern Beans  Cabbage  Hot Dog Bun  Fruit Cup  1% Milk  Mustard | 9 Beef Taco Meat  Pinto Beans  Mexican Corn  Lettuce/Tomato  Cheese  Tortilla  Fresh Fruit  1% Milk  Taco Sauce | 10 Chicken Salad  Green Pea Salad  Garbanzo Bean Salad  Saltine Crackers  Fresh Fruit  1% Milk | 11 Chop Steak and Gravy  Whipped Potatoes  Summer Vegetables  Wheat Bread  Fresh Fruit  1% Milk |
| 14 Sweet and Sour Chicken  Fried Rice  Japanese Vegetables  Dinner Roll  Fruit Cup  1% Milk | 15 BBQ Rib  Pork Patty  Red Beans and Rice  Cabbage  Dinner Roll  Fruit Cup  1% Milk | 16 Beef Meatballs Spaghetti Sauce  Penne Noodles  Green Peas  Wheat Bread  Fresh Fruit  1% Milk | 17 Chicken Legs  Lima Beans  Country Vegetables  Dinner Roll  Fresh Fruit  1% Milk | 18 Hamburger Beef Patty  Baked Pinto Beans  Lettuce/Tomato  Hamburger Bun  Fresh Fruit  1% Milk |
| 21 Chili Mac with Ground Beef  Corn  Garden Vegetables  Wheat Bread  Fruit Cup  1% Milk | 22 Chicken Chow Mein  Rice  Green Peas  Wheat Bread  Fruit Cup  1% Milk | 23 Sloppy Joe Meat  Mixed Beans  California Vegetables  Hamburger Bun  Fresh Fruit  1% Milk | 24 Chicken Salad  Potato Salad  Lettuce/Tomato  Wheat Bread  Fresh Fruit  1% Milk | 25 Pork Sausage  Blackeye Peas  Green Beans  Hot Dog Bun  Fresh Fruit  1% Milk  Mustard |
| 28 Meatballs in  Gravy (Ground Beef)  Ranch Potatoes  Green Beans  Wheat Bread  Fruit Cup  1% Milk | 29 BBQ Chicken  Macaroni and Cheese  Green Peas  Hamburger Bun  Fruit Cup  1% Milk | 30 Beef Frito Pie (Ground Beef)  Corn  Spanish Rice  Corn Chips  Fresh Fruit  1% Milk | 31 Orange Chicken  Delmonico Potatoes  Cabbage  Dinner Roll  Fresh Fruit  1% 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\_\_\_\_\_\_\_\_\_\_