

JULY 2019

M.O.W.

JULY 2019

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

5

COLD PLATE

Spinach & Mushroom Alfredo

4TH OF JULY CELEBRATION



BBQ Chicken Thigh

Tuna Salad Sandwich
w/Lettuce, Tomato & Onion
Fruit Punch
Carrot Raisin Salad
Marinated Zucchini Salad
French Bread
* Citrus Fruit

Pasta w/Parmesan Cheese
* Stewed Tomatoes
Vegetable Bean Medley
Tossed Salad
w/Italian Dressing
Seasonal Fresh Fruit

Chili Dog
w/Cheese & Onions
* Broccoli & Carrots
* Potato Nuggets
Bun
Fresh Fruit

* Mashed Potatoes
Capri Vegetables
Tossed Salad
w/Blue Cheese Dressing
Roll w/Butter
* Cantaloupe

8

9

10

11

12

Cheese Tortellini w/Pesto
and Parmesan Cheese
Grape Juice
* California Vegetables
* Stewed Tomatoes
Seasonal Fresh Fruit

Potato Crusted Fish
Sliced Carrots
Rice Pilaf
* Pineapple Coleslaw
Tartar Sauce
Sliced Peaches

Oven Fried Chicken
* Orange Pineapple Juice
* Mashed Potatoes
Green Beans w/Onions
Big Cookie
(Fresh Fruit)

Pork Carnitas
w/Salsa
Mixed Vegetables
Steamed Zucchini
Flour Tortilla
* Watermelon

NEW ITEM!
Turkey Chili Mac
w/Shredded Cheese
* Broccoli Florets
Diced Beets
Tossed Salad
w/Ranch Dressing
Tapioca Pudding
(Fresh Fruit)

15

16

17

18

19

Swiss Beef Patty
Italian Vegetables
* Mashed Potatoes
Whole Grain Roll w/Butter
Frosted Chocolate Cake
(Chilled Pears)

COLD PLATE

Waldorf Chicken Salad
on Mixed Greens
Apple Juice
4 Bean Salad
Garden Pea Salad
Roll w/Butter
* Citrus Fruit

Cheese & Green Chili Tamale
w/Enchilada Sauce
Capri Vegetables
Pinto Beans
Mixed Green Salad
w/Ranch Dressing
* Cantaloupe

Turkey a la King
over Brown Rice
Green Beans
* California Vegetables
Red Gelatin w/Strawberries
(Diet Red Gelatin
w/Strawberries)

COLD PLATE
Mock Crab Salad Sandwich
with Lettuce, Tomato, Onion
on French Bread
Grape Juice
Marinated Cucumber Salad
Carrot Raisin Salad
* Mandarin Oranges

22

23

24

25

26

Macaroni & Cheese w/Ham
* Stewed Tomatoes
Green Peas
Seasonal Fresh Fruit



Turkey Divan
over Wild Rice
Sliced Carrots
Steamed Zucchini
* Tropical Fruit

COLD PLATE

Chicken Caesar Salad
(Mesquite Chicken, Parmesan
Cheese, Romaine Lettuce,
Cherry Tomatoes, Croutons)
* Orange Juice
* Marinated Veggie Salad
Dinner Roll w/Butter
Caesar Dressing
* Watermelon

Beer Battered Fish
and Chips
* Vegetable Bean Medley
* Pineapple Coleslaw
Tartar Sauce, Vinegar
Butterscotch Pudding
(Fresh Fruit)

Stuffed Pepper
Mixed Vegetables
* Cheesy Scalloped Potatoes
Tossed Salad
w/1000 Island Dressing
Fruit Cocktail

29

30

31

Chicken Marsala
over Buttered Noodles
Italian Green Beans
* California Vegetables
Dinner Roll w/Butter
* Mandarin Oranges

Breaded Fish Fillet
w/Lemon & Tartar Sauce
Fruit Punch
Capri Vegetables
Rice Pilaf
* Creamy Coleslaw
Lime Gelatin
w/Whipped Topping
(Diet Lime Gelatin)

Pot Roast w/Gravy
Mixed Vegetables
* Baked Potato w/Butter
Tossed Green Salad
w/Blue Cheese Dressing
Seasonal Fresh Fruit

= Item is higher in sodium
* = Vitamin C
__ = Vitamin A
() = Dessert of Choice
All meals served w/low fat milk.

