

July

2024

PEACE, INC. - FSD		SENIOR NUTRITION		OFFICE FOR AGING & YOUTH	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1	2	3	4	5	
Tuna Salad w/ Chopped Egg Salad on Kaiser Cream of Cheddar Potato Soup Banana	Philly Cheese Steak w/ Peppers & Onions Sweet Potato Fries Brussel Sprouts, PB Cookie	Syracuse Chicken Riggies Utica Greens Diced Peaches Dinner Roll	CLOSED NO LUNCH	CLOSED NO LUNCH	
8	9	10	11	12	
Beef Goulash 4-way Vegetable Blend Chocolate Chip Cookie Dinner Roll	Chicken Alfredo over Bow Tie Pasta Steam Broccoli Italian Bread & Banana	Smothered Seared Pork Baked Potato Buttered Sliced Carrots Roll & Jell-o w/ Whip	All American Cheeseburger Seasoned potato wedges Vegetable slaw Vanilla Pudding	Salt City Fried Chicken Red Skin Potato Salad Blended Vegetables Mandarin Oranges	
15	16	17	18	19	
Herb Roasted Chicken w/ gravy Mashed Sweet Potatoes Creamed Spinach Fresh Grapes	Breaded Haddock on WW Bun, Coleslaw Potatoes O'Brien Tropical Fruit	Sirloin Beef Stroganoff over Egg Noodles Blended Vegetables Apple	BBQ Pulled Pork Sandwich on WW Bun, Macaroni Salad Summer Squash Strawberries w/ Whip	Chicken Cacciatore over Penne Pasta Spinach Salad Applesauce	
22	23	24	25	26	
Meatball Sub on WW Roll Roasted Broccoli Florets Fruit Cocktail	Eggplant Parmesan Gianelli Sausage Links Spagetti w/ Red Sauce Diced Mango	Julienne Salad w/ Ham Turkey, Cheese, Tomatoes Cucumbers, Olives, Hard Boiled Egg, w/ Roll, Cantalope	PICINIC SIGN UP IN OFFICE	Old Fashioned Meatloaf w/ Mushroom Gravy Smashed Potatoes Asparagus and Pear	
29	30	31			
Cranberry Walnut Chicken Salad on Croissant Tomato Florentine Soup Chocolate Pudding	Glazed Ham Sweet Potatoes w/ Cinnamon Pecan crunch Spinach and Applesauce	Southwest Grilled Chicken Tex Mex Corn, Pineapple Red Skin Potatoes Chocolate Pudding			

All Meals include: Coffee, Tea, Milk
Bread, and Margarine

RESERVATIONS MUST BE

MADE 1 BUSINESS DAY

Menus meet 1/3 of RDA
Menu is Subject to Change
IN ADVANCE BY

12 NOON

Guest Meal
\$7.00

Suggested Contribution:
\$3.50 (age 60+ or spouse)

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