

**CONGREGATE MEAL MENU**  
**July 2026**



**July 1**

**French Onion Beef Patty**  
w/onion gravy  
Mashed Potatoes  
Peas & Carrots  
Dinner Roll w/Margarine  
Chocolate Pudding

**July 2**

**Chicken Tenders**  
Sweet Potatoes  
Green Beans  
Dinner Roll w/Margarine  
Fresh Orange  
BBQ Sauce

**July 3**

**Baked Ziti & Cheese**  
Side Salad  
Buttered Italian Vegetable  
Blend  
Dinner Roll  
Diced Pears

**July 6**

**Sweet and Sour Chicken**  
Asian Vegetable Blend  
Buttered Brown Rice  
Clementine  
Sugar Cookie

**July 7**

**Swiss Steak**  
w/Tomato Gravy  
Mashed Potatoes  
Peas  
Dinner Roll w/Margarine  
Jello

**July 8**

**Italian Chicken**  
Capri Vegetable Blend  
Buttered Penne  
Fresh Orange  
Fig Newton

**July 9**

**Breaded Pollock**  
w/cheese  
Sandwich Roll  
Tartar Sauce  
Lemon Pepper Potatoes  
Diced Peaches

**July 10**

**BBQ Chicken Salad**  
Salad Greens  
Cheddar Cheese  
Dressing  
Whole Grain Roll  
Fresh Melon

**July 13**

**Meatloaf w/Gravy**  
Mashed Potatoes  
Corn  
Dinner Roll w/ Margarine  
Oatmeal Cookies

**July 14**

**Stuffed Chicken Breast**  
Diced Potatoes w/Garden  
Seasoning  
Peas & Pearl Onions  
Dinner Roll w/Margarine  
Fresh Clementine

**July 15**

**Cheeseburger**  
Sandwich Roll  
Cole Slaw  
Baked Beans  
Mixed Fruit

**July 16**

**Baked Ham**  
Sweet Potatoes  
Buttered Mixed Vegetables  
Dinner Roll w/Margarine  
Cantaloupe  
Vanilla Pudding

**July 17**

**Fajita Chicken**  
(w/peppers/onions/salsa)  
Chuckwagon Corn  
Buttered Brown Rice  
Mandarin Orange

**July 20**

**Chicken w/Creamy  
Mushroom Gravy**  
Peas & Pearl Onions  
Mashed Potatoes  
Dinner Roll  
Applesauce

**July 21**

**Pasta w/Meat Sauce**  
Side Salad w/Dressing  
Dinner Roll w/Margarine  
Fresh Orange

**July 22**

**California Turkey Burger**  
w/Swiss & Avocado on  
Sandwich Roll  
Broccoli & Ranch Dip  
Zucchini and Parm Soup  
Fresh Apple

**July 23**

**Stuffed Pepper**  
Mashed Potatoes  
Buttered Carrot Coins  
Dinner Roll w/Margarine  
Vanilla Greek Yogurt

**July 24**

**Turkey & Gouda Sandwich**  
Cucumber Slices  
Whole Wheat Bread  
Mixed Fruit  
Cookie  
Honey Mustard

**July 27**

**Lemon Butter Chicken**  
Rosemary Roasted  
Potatoes  
California Blend  
Dinner Roll w/Margarine  
Jello

**July 28**

**BBQ Pork Riblet  
w/Sandwich Roll**  
Sweet Potatoes  
Baked Beans  
Fresh Cantaloupe

**July 29**

**French Onion Beef Patty**  
w/gravy  
Mashed Potatoes  
Peas & Carrots  
Dinner Roll w/Margarine  
Chocolate Pudding

**July 30**

**Chicken Tenders**  
Sweet Potatoes  
Green Beans  
Dinner Roll w/Margarine  
Fresh Orange  
BBQ Sauce

**July 31**

**Baked Ziti & Cheese**  
Side Salad  
Buttered Italian Vegetable  
Blend  
Dinner Roll  
Diced Pears

All meals include milk. Menus are subject to change, if necessary, due to supply and/or emergency.

Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.

