

Aging True MOW Lunch - July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken & New Orleans Style Rice Sweet Potatoes Four Seasons Vegetables Dinner Roll Fruit Cup Milk	4 CLOSED	5 Cheese Ravioli & Spinach Alfredo Cauliflower Mixed Vegetable Dinner Roll Fresh Fruit Milk	6 Beef Patty over Cheesy Chipotle Rice Whole Kernel Corn Broccoli Dinner Roll Fresh Fruit Calcium Fort OJ	7 Breaded Pollock Butternut Squash Autumn Blend Vegetable Dinner Roll Fresh Fruit Milk
10 Homestyle Meatloaf Winter Blend Vegetables Red Skin Potatoes Dinner Roll Fruit Cup Milk	11 Chicken w/Brown Rice Sweet Potatoes Brussel Sprouts Saltine Crackers Fruit Cup Calcium Fort OJ	12 Meatballs & Alfredo Shell Pasta Whole Kernal Corn Green Beans Wheat Bread Fresh Fruit Milk	13 Chicken & Dumplings Lima Beans Winter Vegetable Wheat Bread Fresh Fruit Calcium Fort OJ	14 Beef Strip Patty w/gravy Spinach Four Seasons Vegetables Wheat Bread Fresh Fruit Milk
17 Breaded Pollock Wedge w/Parma Rosa Sauce Corn with Peppers Italian Green Beans Dinner Roll Fruit Cup Milk	18 Chicken Noodle Casserole Three Seasons Blend Bean Blend Wheat Bread Fruit Cup Calcium Fort OJ	19 Florentine Stuffed Shell w/Parma Rosa Sauce Lima Beans Carrots Dinner Roll Fresh Fruit Milk	20 Southwest Chicken Tenders Sweet Potatoes Broccoli Dinner Roll Fresh Fruit Calcium Fort OJ	21 Ginger Pork Patty Green Pea Vegetable Blend Red Skin Potatoes Dinner Roll Fresh Fruit Milk
24 Breaded Chicken Patty Whole Kernel Corn Spring Vegetables Dinner Roll Fruit Cup Milk	25 Spinach Lasagna w/meat sauce Spinach Corn w/peppers Dinner Roll Fresh Fruit Calcium Fort OJ	26 Chicken Patty & Apricot Rice Carrots Brussels Sprouts Wheat Bread Fresh Fruit Milk	27 Pork Patty w/gravy Spinach Sweet Potatoes Dinner Roll Fresh Fruit Calcium Fort OJ	28 Salisbury Steak Red Skin Potatoes Mixed Vegetables Wheat Bread Fruit Cup Milk
31 Spaghetti & Meatballs Whole Kernel Corn Broccoli Dinner Roll Fruit Cup Milk				