

# JULY | 2026



## Meal Site Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>20</b> carb count = 15g of carbohydrates</p>	<p><b>30</b></p>	<p><b>1</b> Spaghetti &amp; Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6</p>	<p><b>2</b> Sloppy Joe Hamburger Bun Cali Blend Veg Wax Beans Fresh Fruit 5</p>	<p><b>3</b> <b>AgeWell Closed</b></p>
<p><b>6</b> Meatloaf &amp; Gravy Mashed Potatoes Normandy Veg Peaches Sweet Bread/Butter 5</p>	<p><b>7</b> Chicken Bowtie Pasta Carrot Raisin salad Mixed Fruit Sweet Bread/Butter 6</p>	<p><b>8</b> Walking Taco Mexican rice Corn W/Peppers Fresh Fruit 7</p>	<p><b>9</b> Macaroni &amp; Cheese Side Salad Asparagus Beets Fruit Crisp 7</p>	<p><b>10</b> Oven Fried Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Butter 6</p>
<p><b>13</b> Hamburger Hamburger Bun Baked Beans Broccoli Pears 6</p>	<p><b>14</b> Italian Chicken Breast Brown Rice Green Beans Beets Mandarin Oranges Dinner Roll/Butter 6</p>	<p><b>15</b> Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit 5</p>	<p><b>16</b> Salisbury Steak &amp; Gravy Mashed Potato Peas Fruit Cobbler 8</p>	<p><b>17</b> Polish Sausage Hot Dog Bun Sauerkraut Cali Blend Applesauce 4</p>
<p><b>20</b> Bourbon Chicken White Rice Three Bean Salad Fruit Crisp 8</p>	<p><b>21</b> Hotdog Hotdog Bun Peas Cauliflower Fresh Fruit Fig Newton 6</p>	<p><b>22</b> S &amp; S Meatballs Egg Noodles Wax Beans Asparagus Ambrosia Birthday Cake 7</p>	<p><b>23</b> Chicken Wings Baked Potato Sautéed Cabbage Tomato salad Fruited Jell-O 5</p>	<p><b>24</b> Pork Chops &amp; Gravy Mashed Potatoes Corn Peaches Wheat Bread/Butter 5</p>
<p><b>27</b> Chicken Salad Wheat Croissant Coleslaw Mandarin Oranges 6</p>	<p><b>28</b> Frittata Red Skin Potatoes Broccoli Apricots 6</p>	<p><b>29</b> Cabbage Roll Au Gratin Potatoes Peas &amp; Carrots Applesauce Banana Pudding 6</p>	<p><b>30</b> Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Wheat Bread/Butter 7</p>	<p><b>31</b> Chicken Diane White Rice Asparagus Beets Fresh Fruit 5</p>

**Menu includes Low Fat Milk**

**Meals include 1/3 of the Recommended Daily Allowance (RDA)**

**Meals Subject to Change**

**7/3 AgeWell Closed**  
**7/22 Birthday Celebration**

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