

JULY | 2026

HDM Main Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29 1 carb count = 15g of carbohydrates	30	1 Spaghetti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6	2	3 AgeWell Closed
6 Meatloaf & Gravy Mashed Potatoes Normandy Veg Peaches Sweet Bread/Butter 5	7	8 Walking Taco Mexican rice Corn W/Peppers Fresh Fruit 7	9	10 Oven Fried Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Butter 6
13 Hamburger Hamburger Bun Baked Beans Broccoli Pears 6	14	15 Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit 5	16	17 Polish Sausage Hot Dog Bun Sauerkraut Cali Blend Applesauce 4
20 Bourbon Chicken White Rice Three Bean Salad Fruit Crisp 8	21	22 S & S Meatballs Egg Noodles Wax Beans Asparagus Ambrosia Birthday Cake 7	23	24 Pork Chops & Gravy Mashed Potatoes Corn Peaches Wheat Bread/Butter 5
27 Chicken Salad Wheat Croissant Coleslaw Mandarin Oranges 6	28	29 Cabbage Roll Au Gratin Potatoes Peas & Carrots Applesauce Banana Pudding 6	30	31 Chicken Diane White Rice Asparagus Beets Fresh Fruit 5

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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