

JULY 2024: LUNCHEON MENU

** UNLESS OTHERWISE NOTED, 2% MILK WILL BE OFFERED DAILY **

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	3 oz. Beef Sloppy Joe/ ½ c. Noodles ½ c. Mixed Vegetables (carrots, corn, gr. beans, limas) 1.4 oz. Sandwich Roll Parmesan Cheese ½ c. Fruit Cocktail (pineapple, peach, pear, grapes, cherries)	2	3 oz. Cheese Omelet ½ c. Roasted Potatoes, Peppers, Onions ½ c. Spinach 1 slice Wheat Bread ½ c. Mandarin Oranges	3	4th of July Celebration! 4 oz. Beef Cheeseburger 1.4 oz. Hamburger Roll ½ c. Chuck-wagon Corn Sautéed Onions, Lettuce and Tomato ½ c. Green Beans ½ c. Watermelon	4		5	
						SITE CLOSED Happy 4th of July!			
8	3 oz. Breaded White Fish ½ c. Macaroni & Cheese ½ c. Stewed Tomatoes 1 slice Wheat Bread Ketchup/Tartar Sauce ½ c. Cantaloup	9	8 oz. Minestrone Soup/ Crackers 3 oz. BBQ Chicken Leg ½ c. Mashed or Red Skin Potatoes ½ c. Green Peas and Carrots 1.4 oz. Roll ½ c. Mandarin Oranges	10	8 oz. Beef Barley Soup/Crackers 3 oz. Tuna Salad on Lettuce Leaf w/ Sliced Tomato ½ c. Macaroni Salad ½ c. 3 Bean Salad 1 slice Wheat Bread 1 Pear or ½ c. Canned Pears	11	8 oz. Spaghetti /3oz Pork Sausage 2 oz. Tomato Sauce/Parm. cheese 1 c. Tossed Salad/Tomato 1 pack Italian Dressing ½ c. Capri Blend Vegetables (squash, green beans, broccoli, carrots, cauli., peppers, lima beans) Dinner Roll, 4 oz. Cake	12	
								3 oz. Hot Roast Beef Sandwich 2 oz. Gravy ½ c. Garlic Mashed Potatoes ½ c. Brussels Sprouts 1.1 oz. Dinner Roll ½ c. Vanilla Ice Cream or ½ c. Applesauce	
15	3 oz. Roast Pork 2 oz. Gravy ½ c. Sweet Potato & Apples ½ c. Harvard Beets 1 Slice Whole Wheat Bread ½ c. Rice Pudding 8 oz. 2% Milk	16	3 oz. Beef Pepper Steak/Pepper/Onion ½ c. Brown Rice ½ c. Oriental Mix (broc., carrots, corn, gr. beans, onion, snap peas, bamboo shoot, pepper) 1.1 oz. Dinner Roll	17	3 oz. Cheese Omelet ½ c. Roasted Potatoes, Peppers, Onions ½ c. Spinach 1 slice Wheat Bread ½ c. Mandarin Oranges	18	8 oz. Cream of Broccoli Soup/Crackers Chicken Caesar Salad 1 c. Romaine Mix/3 oz. chicken ½ c. Pasta Salad/Parmesan Cheese 1 pack Italian Dressing/Croutons 1.1 oz. Dinner Roll	19	
								4 oz. Beef Cheeseburger 1.4 oz. Hamburger Roll Lettuce/Tomato ½ c. Buttered Corn ½ c. Italian Green Beans ½ c. Watermelon	
22	3 oz Sliced Ham /2oz. Pineapple Sce ½ c. Mashed Sweet Potatoes ½ c. Cabbage 1 slice Wheat Bread 2.2 oz. Chocolate Chip Cookies or 4 oz. Choc Ice Cream	23	6 oz. Vegetable Soup/Crackers 3 oz. Beef Swedish Meatballs 2 oz. Gravy ½ c. Buttered Noodles ½ c. Broccoli 1 slice Wheat Bread Fresh Banana	24	3 oz. Riblet, 2oz. BBQ Sauce Sautéed Onions ½ c. Buttered Corn ½ c. Green Beans 1.4 oz. Roll Nectarine	25	8 oz Lentil Soup/Crackers 4 oz. Chicken Salad Sandwich Lettuce and Tomato ½ c Carrot Raisin Salad ½ c. Watermelon	26	
								3 oz Roasted Turkey 2oz Gravy ½ c. Bread Stuffing ½ c. Glazed Carrots 1 slice Whole Wheat Bread ½ c. Tropical Fruit Salad (pineapple, papaya)	
29	3 oz. low sodium Beef Hot Dog 2 oz. Sauerkraut/½ c. Baked Beans ½ c. Zucchini carrot mix 1.4 oz. Hot Dog Roll 1 Ketchup/Mustard Packet Fresh Peach	30	6 oz. Sweet and Sour Chicken w/ peppers and onions ½ c. Brown Rice ½ c. Japanese Vegetables 1.1 oz. Roll ½ c. Vanilla Pudding	31	8oz Chicken Rice Soup/ Crackers ½ c. Tuna Salad ½ c. Potato Salad ½ c. Cucumber Salad 1 slice Wheat Bread Birthday Cake				

JULY 2024: SOCIAL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00am ShopRite 12:00pm Lunch 12:30pm Pokeno with LouLou & Mike R	2 10:00am ShopRite 12:00pm Lunch 12:30pm Dollar Store	3 9:45am MOVIE with LouLou 10:00am Springdale Farm 12:00pm Lunch 12:30pm Dollar Store	4 SITE CLOSED Happy 4th of July!	5 10:00am At Home, Aversa's 12:00pm Lunch 12:30pm BINGO with Mike R & Mike D
8 10:00am Ocean State Job Lot 12:00pm Lunch 12:30pm Activity Committee, room 105	9 9:45am MOVIE with LouLou 10:00am Ross 12:00pm Lunch 12:30pm Cornhole Tournament with Mike D & Mike R	10 10:00am Bringham, Stella's Farm 12:00pm Lunch 12:30pm Activity Committee, room 105	11 10:00am Amish Market 12:00 Lunch 12:30pm Activity Committee, room 105	12 10:00am Amish Market 12:00pm Lunch 12:30pm Gentle Yoga with Jennie
15 10:00am Verchio's Produce & Deli 12:00pm Lunch 12:30pm Aversa's Bakery	16 10:00am Walmart & Kreamie's \$2 cupcakes 12:00pm Lunch 12:30pm Gentle Yoga with Jennie	17 10:00am Walmart 12:00pm Lunch 12:30pm Cornhole Tournament	18 10:00am Red, White & Blue Thrift (*CASH ONLY*) 12:00pm Lunch 12:30pm Duffield's Market	19 10:00am Grocery Outlet 12:00pm Lunch 12:30pm Gibby's Joint music
22 10:00am Boscov's 12:00pm Lunch 12:30pm Dollar Store	23 10:00am Grocery Outlet 12:00pm Lunch 12:30pm Exercise with Shannon	24 10:00am Grocery Outlet 12:00pm Lunch 12:30pm Dollar Store	25 10:00am Lidl 12:00pm Lunch 12:30pm Aversa's Bakery	26 10:00am Home Goods & Old Navy 12:00pm Lunch 12:30pm Awesome Keys with Francis
29 10:00am Lidl 12:00pm Lunch 12:30pm Exercise with Shannon	30 10:00am Ocean State Job Lot 12:00pm Lunch 12:30pm Stella's Market	31 10:00am Aldi, Produce Junction 12:00pm Lunch 12:30pm BINGO with Mike R		