
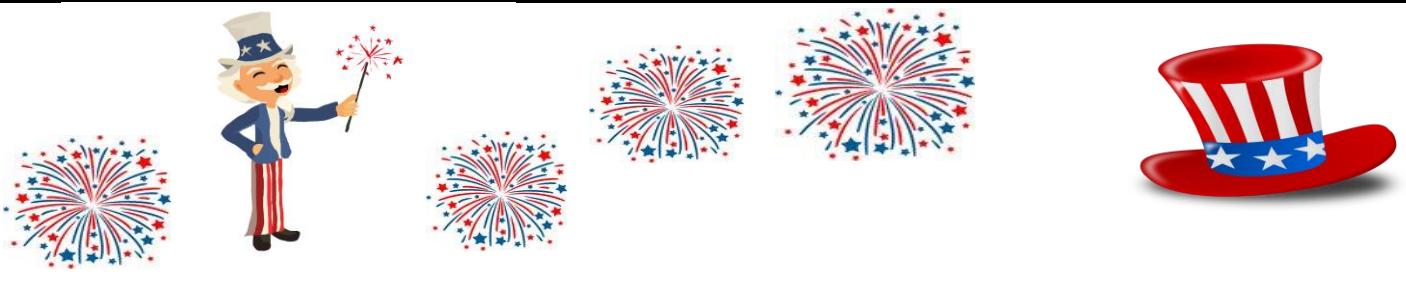




**York County
Congregate Meal Menu**

July 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>July 2</p> <p>Roasted Pork Loin with Gravy 1/2 cup Sauerkraut 1/2 cup Whipped Potatoes White Bread 1/2 cup Cinnamon Applesauce</p>	<p>July 3</p> <p>July Birthdays</p> <p>Chicken Parmesan with Marinara and Cheese Topping 1/2 cup Rotini Pasta with Sauce 1/2 cup Parmesan Zucchini and Corn Wheat Bread Fresh Seasonal Fruit Birthday Cake-Yellow/Chocolate Icing</p>	<p>July 4</p> 	<p>July 5</p> <p>4th of July Special</p> <p>Pulled Pork Sandwich 1/2 cup Potato Salad 1/2 cup Baked Beans Sandwich Roll Watermelon</p>	<p>July 6</p> <p>Roast Beef with Gravy 1/2 cup Whipped Potatoes 1/2 cup Green Beans White Bread Brownie</p>
<p>July 9</p> <p>Spaghetti and Meatballs (4) 3/4 cup Pasta with Sauce and Parmesan Cheese 1/2 cup Italian Green Beans Italian Bread 1/2 cup Sliced Peaches</p>	<p>July 10</p> <p>Chicken Cobb Salad 1 cup Mixed Greens with 2 ounces Diced Chicken, Cucumber, Cheddar Cheese, 1/2 Egg, and Bacon Bits 1 cup Vegetable Noodle Soup with Crackers Wheat Bread 1/2 cup Pineapple Tidbits 2 Ranch Dressing Packets</p>	<p>July 11</p> <p>Baked Haddock with White Wine Sauce 1/2 cup Confetti Rice 1/2 cup Mixed Vegetables Wheat Bread 1/2 cup Cinnamon Applesauce</p>	<p>July 12</p> <p>Grilled Chicken Cordon Bleu Sandwich (with 1 piece each Chicken, Ham, Cheese) 1/2 cup Parmesan Potatoes 1/2 cup Tomato and Cucumber Salad Sandwich Roll Orange Dream Cake</p>	<p>July 13</p> <p>Chili Cheese Hot Dog with 2 ounces Chili and 1 ounce Cheddar 1/2 cup Sweet Potato Bites Hot Dog Roll Apricots with Oatmeal Topping</p>
<p>July 16</p> <p>Breakfast for Lunch</p> <p>Egg Omelet 1 Sausage Patty Whole Grain English Muffin with Jelly 4 ounces Orange Juice Fresh Banana</p>	<p>July 17</p> <p>Chicken Marsala 1/2 cup Buttered Bowties 1/2 cup Coin Carrots Wheat Bread 1/2 cup Sliced Pears</p>	<p>July 18</p> <p>Baked Chicken with Gravy 1/2 cup Stuffing 1/2 cup Whipped Potatoes 1/2 cup Green Beans Cookie</p>	<p>July 19</p> <p>Antipasto Salad with 1.5 ounces Ham/Salami, 2 Olives, and 1/2 ounce Mozzarella Cheese 1 cup Tossed Salad with Tomato 1 cup Wedding Soup with Crackers Breadstick 1/2 cup Sunset Pears 2 Italian Dressing Packets</p>	<p>July 20</p> <p>Potato Crusted Pollock 1/2 cup Cheesy Twists 1/2 cup Stewed Tomatoes Wheat Bread Fresh Seasonal Fruit (Orange)</p>
<p>July 23</p> <p>Pineapple Glazed Ham 1/2 cup Whipped Sweet Potatoes 1/2 cup Creamy Coleslaw Wheat Bread 1/2 cup Chocolate Pudding</p>	<p>July 24</p> <p>Chicken Caesar Salad 1 cup Mixed Greens with Parmesan, Croutons, and Caesar Dressing 1 cup Minestrone Soup with Crackers Breadstick 1/2 cup Sliced Peaches</p>	<p>July 25</p> <p>Beef Stroganoff with Gravy 1/2 cup Buttered Bowties 1/2 cup Mixed Vegetables Wheat Bread Fresh Seasonal Fruit (Melon)</p>	<p>July 26</p> <p>Turkey, Bacon and Cheese Jr. Club Sandwich with 2½ ounces Turkey, ½ ounce Cheese, ½ ounce Bacon and Condiments 1 cup Cream of Broccoli Soup with Crackers Sandwich Roll 1/2 cup Applesauce</p>	<p>July 27</p> <p>Stuffed Pepper with Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Coin Carrots Wheat Bread Stawberry Shortcake</p>
<p>July 30</p> <p>Meatloaf with Gravy 1/2 cup Whipped Potatoes 1/2 cup Green Beans White Bread 1/2 cup Banana Pudding with 2 Nilla Wafers</p>	<p>July 31</p> <p>3 ounces Chicken, Spinach and 1 tablespoon Cranberry Salad with Balsamic Dressing 1 cup Mixed Greens and Spinach with Cucumber 1/2 cup Pickled Diced Beets Breadstick Cookie</p>			

*** All meals are subject to change ***
*** Served daily: 8 ounces Milk and 1 teaspoon Margarine