

MENU

DELIVERED MEALS FOR JULY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 *Breaded Boneless Pork Chop with Gravy, Sweet Potatoes, Green Beans	2 Roast Turkey with Gravy , Mushroom & Onion Stuffing, Tuscan Mixed Vegetables	3 BBQ Chicken , Pasta & Vegetable Salad, Carrot Raisin Salad
6 Salisbury Steak with Gravy , Roasted Potatoes, Zucchini	7 Chicken Chow Mein with Brown Rice and Oriental Vegetables	8 Eggplant Parmigiana Whole Wheat Penne/Basil Pesto, Broccoli	9 Salmon Loaf with Pasta/Basil Pesto & Glazed Carrots	10 Roast Turkey with Gravy , Mashed Sweet Potatoes, Peas & Onions
13 Sole Florentine with Lemon Butter Sauce , Lentil Pilaf, Stewed Tomatoes	14 Baked Ziti with Ground Beef & Tomato Sauce , Tossed Salad w/ Chickpeas, Broccoli w/Garlic	15 Crispy Baked Chicken , Cole-slaw, Baked Beans	16 *Boneless Breaded Pork Chop with Gravy , Roasted Potatoes, Green Beans	17 Turkey ala King with Buttered Noodles, Peas & Carrots
20 *Knockwurst with Sauerkraut , Tater Tots, Green Beans	21 BBQ Chicken Thighs , Succotash, Collard Greens	22 Quiche Lorraine , Harvard Beets, Tossed Salad with Black Olives	23 Swedish Meatballs with Gravy , Buttered Noodles, Spinach	24 Tilapia Vera Cruz Sauce , Red Beans & Rice, Green Beans
27 Italian Chicken Sausage , Sautéed Peppers & Onions, Home Fried Potatoes	28 Meatloaf with Gravy , Mashed Potatoes, Green Beans	29 Chicken Cutlet Parmigiana , Basil-Pesto Pasta, Broccoli	30 *Sweet & Sour Pork , Brown Rice, Carrots	31 Roast Turkey with Gravy , Sweet Potatoes, Creamed Spinach

*Contains Pork

While the center is closed, Meal Delivery is available for registered members of the Nutrition Program. Meals will be delivered frozen for reheating and will follow the above menu whenever possible but are subject to change.