



Monday	Tuesday	Wednesday	Thursday	Friday
01. Chicken ala Orange Rice Beans Muffin Chilled peaches	02. Corn Dusted Flounder Lemon, herb Wheat Dinner roll Broccoli Cheddar soup Tossed garden salad Cottage cheese	03. KFC Chicken Mashed potatoes Biscuit Coleslaw Dessert	04. In honor of INDEPENDENCE DAY We will be closed on July 4th & 5th	05.
8. BBQ Riblet Sweet potato mashed Vegetables Wheat sandwich Bun Strawberry yogurt	09. Hamburger Tomato Florentine soup Tossed garden salad Cottage cheese Macaroni salad Fruit	10. BLT Chicken salad Tri-Bean salad Corn Bread Mandarin Oranges	11. Spaghetti & meatballs Vegetables Wheat Bread Chilled Pears	12. Crab salad Mixed greens & tomato garnish Vegetable vinaigrette Whole wheat Bun Chilled pears
15. Baked meatloaf Mashed potatoes Stewed tomatoes Whole wheat bread Whole Orange	16. Grilled Chicken salad Bacon Ranch dressing Wheat dinner roll Garden Vegetable soup Tossed garden salad Cottage cheese , Banana	17. Slow Roasted beef Au Gratin Potatoes Carrots & chives Multi grain dinner roll	18. Asian Glazed chicken Citrus Brown rice Broccoli Multi Grain Bread Mandarin Orange Jello Fortune cookie	19. PIZZA DAY !! SALAD Fruit cup
22. Prime Rib of Pork Baked potato Parslied Cauliflower Rye Bread Mixed Fruit	23. Italian Sausage Bean Soup Tossed garden salad Cottage cheese Diced melon Carrot raisin salad	24. BBQ pulled chicken Cheesy mashed potato Broccoli Wheat sandwich Bum Chilled pears	25. Grilled chicken salad Fruit salsa, Dinner roll vegetable soup Tossed garden salad Cottage cheese, fruit cup Garbanzo & kidney bean salad	26. Grilled cheeseburger Potato salad Water melon Baked beans
29. Kielbasa Potatoes Bean casserole Rye Bread Fruit cup	30. Chicken w/ garden rotini pasta salad Split pea soup Tossed garden salad Cottage cheese, Pineapple Tid Bits, Beet salad	31. Eggs Potatoes O'Brien Fruit cup Blueberry Muffin whole orange	For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIGERATE IT RIGHT AWAY! Do not leave it sitting out. Please be safe. Each meal served with milk	Suggested Donation \$3.00



JULY



Monday

Tuesday

Wednesday

Thursday

Friday

01.



02. **Bingocize**
@12:00pm



03. Restaurant Day
KFC
Donation \$5.00



04.
In honor of INDEPENDENCE DAY We will be closed on July 4th & 5th



08.



09. **Bingocize**
@12:00pm







11.



12.




15.



16. **Bingocize**
@12:00pm



17.




18.





22.




23.



24.




25.





29.



30.





Suggested Donation
\$3.00

Menu subject to change due to availability of items. Funds in whole or in part for this publication were provided through an ward from Age Option under title 111 of the older Americans Act as administered through the Illinois Department on Aging and federal administration on Aging. Community Nutrition Network does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act the age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have discriminated against, you have the right to file a complaint. For information dial [1-800-252-8965](tel:1-800-252-8965) (Voice and TD)