

2021 JULY

milk and fruit served daily

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 5	28 	29	30	01 Kung Pao Pork (Carne de puerco estilo chino), Chinese Eggplant, Napa Cabbage and Carrots, Brown Rice, Fortune Cookie	02 Breaded Fish on Bun (Pescado empanizado en un pan) w/ Cheese, Dilled Peas, Roasted Sweet Potatoes
WEEK 6	05 <u>Frozen</u>	06 Mediterranean Salad w/ Grilled Chicken (Ensalada Mediterránea c/Pollo Asado), Marinated Garbanzo Beans & Cauliflower, WW Pita	07 Country-Fried Steak w/ Gravy (Filete de pollo frito c/salsa), Whipped Potatoes, Glazed Carrots, WW Roll	08 Turkey Reuben (Turquia reuben con chucrut) Saurkraut, Roast Turkey & Swiss Cheese, Sweet Potatoes, Warm Spiced Apples, 1000 Island, Rye Bread	09 Prawn Marie Baguette (Sándwich de camarón estilo Italiano), Quinoa and Kale Salad, Cucumber and Red Pepper Salad w/ Red Wine Vinagarette
WEEK 7	12 <u>Frozen</u>	13 Chopped Salad w/ Tortellini on a bed of Mixed Greens, WW Crackers	14 Bolognese on WW Pasta (Bolonesa Pastas), Roasted Zucchini, Seasoned Carrots	15 Chicken Fajitas w/ Peppers & Onions (Fajitas de pollo con chiles y cebolla), Pinto Beans, Warm Spiced Peaches, WW Tortilla	16 Fish Veracruz (Pescado), Roasted Yellow Squash, Brown Rice
WEEK 8	19 <u>Frozen</u>	20 Ham and Cheese Sandwich (Sándwich de queso y hamon) w/ Lettuce & Tomato, Potato Salad, Dilled Peas	21 Creole Chicken on Spanish Rice, Steamed Spinach, Brown Sugar Pineapple	22 Beef Stroganoff on WW Noodles (Pasta con carne y salsa), Green Beans, Vegetable Blend	23 Tuna Salad (Ensalada de atún al jardin) on a bed of Romaine w/ Cucumber and Tomatoes, WG Veggie Crackers
WEEK 1	26 <u>Frozen</u>	27 Turkey & Cheese Sandwich (Sándwich de pavo y queso) w/ Lettuce & Tomato, Superfood Slaw	28 Asian Chicken (Pollo Asiático), Napa Cabbage, Seasoned Carrots, Brown Rice	29 Swiss Steak (Bistec Suizo), Zucchini, Corn, WW Roll, Chocolate Chip Cookie	30 Baked Fish (Pescado horneado), Broccoli w/ Lemon Pepper, Stewed Tomatoes, Macaroni & Cheese

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