


Alicia Broadous-Duncan Dining Center

July 2024 - Congregate Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. SW Chicken Bowl w/Cheese Whole Grain Roll Garnish Pinto Beans OR Black Beans *Shredded Cabbage, Mixed Salad Greens & Radish w/Cilantro Drsg Corn Salad Fresh OR U/S Peaches OR Melon Low fat Milk	2. Shepherd's Pie (Beef) w/Mashed Potatoes Whole Grain Roll Carrots Mixed Salad Greens w/French Dressing *Kiwi Low fat Milk	3. BBQ Chicken Whole Grain Roll *Tri Color Coleslaw Baked Beans Fresh Melon-Watermelon, Honeydew OR Cantaloupe Peach Pie Low fat Milk	4. DINING CENTER IS CLOSED FOR THE 4TH OF JULY INDEPENDENCE DAY HOLIDAY	5. Garden Vegetable Lasagna w/Zucchini & Mushrooms Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange Low fat Milk
8. *Orange Juice Open Face Hot Turkey Sandwich Whole Grain Bread w/Mashed Green Beans Potatoes Spinach Salad w/Shredded Cabbage & Dried Cranberries w/Vinaigrette Dressing Low fat Milk	9. Spinach & Mushroom Quiche/ Baked Pollock w/Lemon Sauce Whole Grain Roll OR Bread Mixed Vegetable Blend Broccoli Salad Cinnamon Applesauce Low fat Milk	10. BBQ Chicken Brown Rice Yam OR Sweet Potato Tri Color Coleslaw Peach OR Pear Low fat Milk	11. Turkey Caprese Salad Bowl w/ Whole Grain Pita Bread Cheese Mesclun Salad Greens, & Cucumber, Tomato, Garbanzo Beans w/Pesto Salad Dressing *Strawberries OR Cantaloupe Low fat Milk	12. Meatloaf w/Gravy (Beef) Whole Grain Roll Garlic Mashed Potatoes Roasted Brussels Sprouts *Orange Low fat Milk
15. Chicken Adobo Brown Rice Green Peas Mesclun Salad w/Garbanzo Beans w/Ranch Dressing *Pineapple & Mango Fruit Cup Low fat Milk FOOD BANK	16. Turkey Milanese w/Linguine & Pesto Sauce Cauliflower & Zucchini Carrot Raisin Salad *Orange/Vanilla Yogurt Parfait Low fat Milk w/Granola	17. Salmon w/Dill Sauce Whole Grain Roll Green Beans/Chopped Mixed Salad w/Spinach, Kale & Bell Pepper w/Italian Dressing Cinnamon Applesauce Low fat Milk	18. Asian Beef Stir Fry Brown Rice Mixed Asian Vegetables Beet Salad *Cantaloupe OR Tangerine Low fat Milk	19. *Orange Juice Vegetarian Chili Corn Bread Herb Roasted Carrots Mixed Salad Greens w/French Dressing Banana Low fat Milk
22. *Orange Juice Spaghetti w/Meat Sauce (Turkey) Broccoli Caesar Salad w/Caesar Dressing Fresh Pear OR Peach Low fat Milk	23. Beef Fajita Tortilla Pinto Beans Tossed Green Salad w/Cilantro Dressing *Pineapple & Mango Fruit Cup Low fat Milk	24. Mediterranean Chicken Pita Bread/Brown Rice Pilaf Roasted Vegetables Lentil Salad w/Cucumbers & Vinaigrette Dressing *Cantaloupe OR Tangerine Low fat Milk	25. Tuna Salad Cold Plate Whole Grain Roll Herbed Potato Salad or Herbed Roasted Potatoes *Creamy Coleslaw Baked Apple OR Applesauce Low fat Milk	26. Roast Turkey Breast w/Sauce & Cranberry Sauce Whole Grain Stuffing Baked Yam OR Sweet Potato Spinach Salad w/French Dressing *Kiwi OR Orange & Lemon Low fat Milk Pudding
29. Fish Creole Whole Grain Tortilla Red Beans *Creamy Coleslaw Pear OR Plum Low fat Milk	30. Chinese Chicken Salad w/Crunch Whole Grain Roll Rice Noodle Mixed Salad w/Kale & Brussels Sprouts & Sesame Dressing *Beet & Orange Salad Fresh Fruit in Season Low fat Milk	31. *Orange Juice Stuffed Bell Pepper (Turkey) Dinner Roll Mixed Vegetables Romaine Salad w/Tomatoes & 1000 Island Dressing Apple AND/OR Red Gelatin Low fat Milk Cubes w/Yogurt		RIN MIYAMOTO DINING COORDINATOR SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS AND OVER

Lunch served at 11:30 AM - please arrive early to secure your meal! MENU IS SUBJECT TO CHANGE WITHOUT NOTICE. *Vitamin C Source