

Council on Aging July 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Krab Cake on Bun Coleslaw Mac& Chese Fruit 2%Milk	Managers Choice	Chatham Council on aging Closed For Independence Day	Pork Ribette Coleslaw Greens Cornbread Yogurt Graham Cracker 2% Milk	Pepper Steak w gravy Green Beans Mashed Potatoes Biscuit Fruit Salad 2% Milk
9	10	11	12	13
Barbecue Chicken 1/2 Parmesan Baked Potato Peas&Carrots Roll /marg Fig Bar 2%Milk	Hamburger on Bun Lettuce & Tomato Baked Beans Angel food cake/fruit Ketchup Juice 2% Milk	Turkey Sandwich Lettuce Tomato Broccoli Cauliflower Salad Fruit Baked Chips Mayo 2%Milk	Salisbury Steak w gravy Parslied noodles Mix vegetables Roll/ jelly Peaches 2%Milk	Cranberry Orange Chicken California Blend Vegetables Butter Pasta Roll/ jelly Orange 2%Milk
16	17	18	19	20
Salmon patty Coleslaw Mac & Cheese Pear half Cornbread 2%Milk	Beef Stew Tossed Salad Lima Beans Angel Food cake w/fruit Dinner Roll/marg FF Dressing 2% Milk	Chicken Sandwich Lettuce&Tom Bean Salad Baby Baker Potatoes Graham Cracker Fruit Mayo 2%Milk	Swedish Meatballs w/gravy Mashed Potatoes Peas & Carrots Biscuit marg/jelly Fig Bar Juice 2% Milk	Chicken Salad on Croissant Lettuce Tomato Pasta Salad Mix Fruit Vanilla Wafers Juice 2%Milk
23	24	25	26	27
Chicken Salad Broccoli Salad Banana Dinner Roll/ marg Vannilla wafers 2% Milk	Cheeseburger Lettuce&Tomato Baked Beans Angel Food Cake w peaches Mayo Juice 2% Milk	Soft Beef Taco/ Lettuce Tomato Pimento Corn Spanish Rice Salsa Oatmeal Cookie Juice 2% milk	BBQ Pork Sandwich Coleslaw Parsley Potatoes Fruit Graham Crackers 2%Milk	Baked Fish Wedge Country Blend Vegetables Mac & Cheese Fruit Cocktail Roll 2% Milk
30	31			
Chicken & Noodles Sunshine Carrots Green Peas Roll Marg /jelly Yogurt 2% Milk	Spaghetti& Meat Sauce Tossed Salad Zucchini with onions Cinnamon Applesauce Garlic Bread Stick FF Dressing 2%Milk			Call the day before to order Senior Meal of the Day Guest \$5.50 Eat In Take Out 919-542-4512 Alan 919-742-3975 Teresa or Fred