

July 2026



Monthly Menu

All gravy and all bread contains gluten.
Each meal has 4-5 CHO.
Add 2 CHO for bread and milk.



Monday

Tuesday

Wednesday

Thursday

Friday

6 Grilled Chicken Breast
Tri-Tator
Stewed Tomatoes
Fruit Juice

7 Baked Ziti
Winter Blend Vegetables
Garlic Bread
Fruit Juice

8 Pepper Steak
American Fries
Green Beans
Fruit Cup

9 Meatloaf
Mashed Potatoes & Gravy
Carrots
Fruit Juice

10 French Toast
Sausage Link
Green Beans
Fruit Cup

13 Chicken & Broccoli Bake
Beets
Fruit Juice

14 Taco Bake
Spanish Rice
Mexican Corn
Fruit Cup

15 Pulled Pork Sandwich
Cheesy Hashbrowns
Baked Beans
Fruit Juice

16 Chicken Strips
Scalloped Potatoes
Carrots
Fruit Juice

17 Roast Beef
Mashed Potatoes & Gravy
Corn
Fruit Cup

20 Stuffed Bell Pepper
Casserole
Roasted Potatoes
Broccoli Fruit Juice

21 Chicken Alfredo
Italian Vegetables
Bread Stick
Fruit Cup

22 Turkey & Cheese
Sandwich
Coleslaw
Fruit Juice

23 Sweet & Sour Pork
Rice
Stir Fry Vegetables
Fruit Juice

24 Cabbage Roll Casserole
Mashed Potatoes
Garlic Bread
Fruit Cup

27 Chicken Thighs
Mac'n Cheese
Baked Beans
Fruit Juice

28 Goulash
Corn
Fruit Cup

29 Garlic Parmesan Pork
Mashed Potatoes & Gravy
Mixed Vegetables
Fruit Juice

30 Sloppy Joe
Hashbrowns
Green Beans
Fruit Juice

31 Teriyaki Chicken
Rice
Broccoli
Fruit Cup

3 **No lunch served.
No Meals on Wheels.**

Lunch is served weekdays at 11 a.m. to 12:30 p.m. at Main and 11 a.m. to 1 p.m. at East.

All menu items subject to change.