JULY 2024 LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Macaroni & Meat Casserole Succotash Broccoli WGR Dinner Roll Fresh Fruit	2 Chicken Fettuccine Alfredo Sauce Peas Carrots WGR Dinner Roll Fresh Fruit	3 Beef Burgundy Mashed Potatoes Carrots WGR Dinner Roll Fresh Fruit	4 HAPPY 4th OF JULY INDEPENDENCE DAY CENTER IS CLOSED	5 Cheese Cannelloni Kidney Beans Italian Green Beans WGR Dinner Roll Fresh Fruit
8 Pasta Shells & Meat Sauce Italian Blend Veggies Corn WGR Dinner Roll Fresh Fruit	9 Teriyaki Chicken Brown Rice Peas Creamed Corn WGR Dinner Roll Fresh Fruit	10 Spaghetti Meat Sauce Peas Asian Blend Veggies WGR Dinner Roll Fresh Fruit	11 Chicken Fettuccini Alfredo Sauce Peas Carrots WGR Dinner Roll Fresh Fruit	12 Beef Burgundy Mashed Potatoes Carrots WGR Dinner Roll Fresh Fruit
15 Swiss Steak w/ Gravy Sweet Potatoes Collard Greens WGR Dinner Roll Fresh Fruit	16 Pasta Shells & Meat Sauce Italian Blend Veggies Corn WGR Dinner Roll Fresh Fruit	17 Sweet & Sour Chicken Brown Rice Asian Blend Veggies Peas WGR Dinner Roll Fresh Fruit	18 Chicken Cordon Blue Brown Rice California Blend Veggies Corn WGR Dinner Roll Fresh Fruit	19 Beef Burgundy Mashed Potatoes Carrots WGR Dinner Roll Fresh Fruit
22 Chicken Chow Mein Brown Rice Asian Blend Corn WGR Dinner Roll Fresh Fruit	23 Turkey & Gravy Mashed Potatoes Spinach WGR Dinner Roll Fresh Fruit	24 Beef Burgundy Mashed Potatoes Carrots WGR Dinner Roll Fresh Fruit	25 Pasta Shells & Meat Sauce Italian Blend Corn WGR Dinner Roll Fresh Fruit	26 Chicken Fettuccini Alfredo Sauce Peas Carrots WGR Dinner Roll Fresh Fruit
29 Beef Burgundy Mashed Potatoes Carrots WGR Dinner Roll Fresh Fruit	30 Macaroni & Meat Casserole Succotash Broccoli WGR Dinner Roll Fresh Fruit	31 Santa Fe Chicken Brown Rice Refried Beans Chuckwagon Corn WGR Dinner Roll Fresh Fruit		This institution is an equal opportunity provider.

Each entrée includes a minimum of two (2) oz. meat/meat alternative; ½ cup of fruits, ½ cup of vegetables (fresh and/or canned); two (2) oz. of whole grain rich bread/pasta/rice. Eight (8) oz. of 1% milk (or enriched soy milk that meets USDA nutrition standard for milk substitute) is served with each meal. This menu, as written, is suitable for regular, sodium-restricted and consistent carbohydrate (diabetic) diets.

Diorella Gatchalian, RD | DIETITIAN

Rosie's

Town SQUARE®

A George G. Glenner Alzheimer's Family Center

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Diner