

Congregate JULY Menu 2026

Menu Subject to Change Based on Product Availability and Quality Standards

Name: _____ Date: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
	 	Grilled Chicken Sandwich Chuck Wagon Veggies Chopped Broccoli Mixed Fruit Cup WG Bun Margarine/ Mayo Milk	Italian Grinder Wrap w/Pepperoni, Salami & Ham Lettuce, Tomatoes, Onions Pasta Salad Diced Pineapples Tomato Tortilla & Dressing Pkt. 100% Fruit Juice	CLOSED 
6	7	8	9	10
Meatball Sub w/ Cheese Diced Potatoes Sweet Peas Fruit Cup Sub Bun Margarine Milk	Chef Salad w/Romaine Turkey, Eggs & Cheese Carrots Sticks Diced Pears Wheat Roll Salad Dressing 100% Fruit Juice 	Tangerine Chicken W/Rice Green Beans Diced Carrots Applesauce Hawaiian Roll Fortune Cookie Milk	HM Stuffed Peppers Sliced Beets Cauliflower Pineapple Tidbits WW Roll Margarine 100% Fruit Juice	Chinese Pepper Steak w/Rice Succotash Mixed Fruit Cup Potato Roll Margarine Milk
13	14	15	16	17
Smothered Chicken Breast Mashed Potatoes Lima Beans Fresh Apple Corn Muffin Margarine Milk	Turkey Tetrizzini Prince Charles Veggie Blend Steamed Broccoli Pineapples Dinner Roll Margarine 100% Fruit Juice	Chef's Choice 	Turkey & Cheese Sub HM Antipasto Pasta Salad Fresh Cauliflower Tropical Fruit Salad Birthday Cake WG Bun 100% Fruit Juice	Mac & Cheese French Cut Green Beans Corn Fresh Pear Potato Roll Margarine Milk 
20	21	22	23	24
HM Chicken Salad Sandwich Grape Tomatoes 3 Bean Salad Fruit Cocktail Croissant Milk 	BBQ Pulled Pork Cole Slaw Baked Beans Peaches Wheat Bun 100% Fruit Juice	Fiesta Lime Chicken Brown Rice Roasted Corn & Black Beans Peaches Flatbread Margarine Milk	Philly Chicken w/Cheese Diced Potatoes Riviera Blend Veggies Tropical Fruit Salad Wheat Sub Bun Cookie Margarine 100% Fruit Juice	Oven Fried Fish Baked Mac & Cheese Tomatoes & Zucchini Diced Peaches Dinner Roll Margarine Milk
27	28	29	30	31
HM Deluxe Fried Rice w/Beef, Chicken, Ham, Shrimp, Peas & Carrots Steamed Broccoli Fresh Orange Breadsticks & Margarine Milk	Steak Fajitas Spanish Rice Black Beans Mandarin Oranges Tortilla Shells – 2 Sour Cream 100% Fruit Juice 	BBQ Chicken Legs Potato Salad Southern Green Beans Pineapples Sweet Roll Margarine Milk	Ravioli w/Chicken & Sauce Steamed Broccoli Roasted Veggies Fruit Cocktail Garlic Roll Margarine 100% Fruit Juice	Lunch & Learn  Menu TBA

You need to call the senior center the day before by 12:30 pm to schedule for lunch @ 810-658-1566