

JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
NO MEALS	INDEPENDENCE DAY NO MEALS	Chicken Fried Steak w/Country Gravy, Garlic Mashed Potatoes, Seasoned Cauliflower Broccoli Mix, Apple, Drop Biscuit CO33	Ham, Baked Sweet Potato, Green Beans, Tropical Fruit B7	Lasagna, Tossed Salad, Mixed Fruit, French Bread AA7
10	11	BIRTHDAY/ANNIVERSARY 12	13	14
Meatloaf, Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits CO42	BBQ Chicken Legs, Baked Potato, Sour Cream, Mixed Vegetables, Pears AA9	Roast Beef, Mashed Potatoes & Gravy, Corn, Fruit, Cake & Ice Cream	Pork Chop w/Celery Sauce, Baked Brown Rice, Broccoli, Fruit Cocktail, Cranberry Juice Cocktail B14	Grilled Club Sandwich, English Pea Salad, V-8 Juice, Pears D13
17	18	19	20	21
Beef Noodle Stroganoff, Parslied Carrots, Coleslaw, Mandarin Oranges 57C - BN9	Baked Chicken, Mashed Potatoes, Milk Gravy, Mixed Veggies, Jello w/fruit	Swiss Steak w/Onions & Tomatoes, Mashed Potatoes, Peas, Fruit Cocktail AA24	BBQ Ribs, Baked Potato, Cinnamon Roll, Carrots, Blueberry Yogurt, Orange 11-3 - P5	Tuna Salad on a Bun, Tossed Salad, Tomato Slices, Seasonal Fresh Fruit A15
24	25	26	27	28
Homemade Pizza, Tossed Salad, Peaches CM1	BBQ Chicken Legs, Baked Potato, Sour Cream, Mixed Vegetables, Pears AA9	Salisbury Steak, Mashed Potatoes & Gravy, Parslied Carrots, Fresh Fruit A1	Roast Pork, Mashed Potatoes & Gravy, Seasoned Spinach, Apricots, Cranberry Sauce B8	Goulash, Creamed Corn, Lime Jello w/Mandarin Oranges B11
31				
Hot Beef Sandwich, Mashed Potatoes & Gravy, Green Beans, Peaches, Vanilla Ice Cream BB3				AVON DAKOTA SENIOR MEALS CALL 286-3692 TO RESERVE A MEAL

NUTRITIONAL INFORMATION IS AVAILABLE AT THE SITE. ALL MENUS ARE SUBJECT TO CHANGE. ALL MEALS ARE SERVED WITH BREAD AND 1% MILK UNLESS OTHERWISE NOTED.