

Meals on Wheels Etc. Congregate – Bram Towers, Sanford, Longwood, E. Altamonte, Casselberry, Alz Easter Seals, CCE.
July 2024

Allison Goodman RD, LD

Date: 6/2/2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEK ONE</u>	1 Chicken burger Home fries Mixed veggies WW bun Mandarin oranges Ketchup/mustard/mayo Lettuce/tom Milk	2 Spaghetti w meatballs Tossed salad w dressing Corn Italian bread Tropical fruit Milk	3 Egg salad/WW bread Vegetable soup Tossed salad w dressing Pineapple Milk	4 Closed Happy 4 th of July	5 Hot dog on WW bun Must/ketch/relish Green beans Mandarin oranges Baked beans Milk
<u>WEEK TWO</u>	8 Taco (beef) with cheese and salsa Brown rice / beans Mixed vegetables Lettuce/tomato Whole wheat tortilla Orange Milk	9 BBQ chicken Mac and cheese Greens Cornbread Strawberry kiwi cup Milk	10 Veg chili Greens Mashed potatoes Cornbread Pears Milk	11 Grilled chicken w roasted red pepper sauce Polenta Broccoli/carrots Garlic sticks Cherry lemon cup Milk	12 Hamburger on ww bun Baked potato (green onion and cheddar cheese) Lettuce, tomato, ketchup, mayo, must Green beans Orange Milk
<u>WEEK THREE</u>	15 Chicken parmesan Penne marinara Spinach Garlic sticks Tropical fruit Milk	16 Meatloaf Mashed potatoes Mixed veggies Pineapple Biscuit Milk	17 Tuna salad sandwich Snap pea salad Tomato basil soup Banana (2) WW bread Milk	18 Sloppy joe on WW bun Roasted potatoes Broccoli casserole Craisins Milk	19 Veg quiche Mashed sweet potatoes Tossed salad w dressing Peaches Garlic sticks Milk
<u>WEEK FOUR</u>	22 Chicken fettuccini alfredo Carrots Spinach Garlic sticks Applesauce Milk	23 Jambalaya Greens Peas and carrots Cornbread Pineapple Milk	24 Turkey sandwich on 2 WW bread slices Slaw salad Potato soup Strawberry kiwi cup Milk	25 Chef salad Potato salad Pear Garlic sticks Milk	26 Fish w teriyaki sauce Fried rice Bok choy Birthday dessert Naan bread Milk
<u>WEEK FIVE</u>	29 Scrambled eggs w cheese Waffles Potatoes with peppers/onions Roasted broccoli/cauliflower Orange Milk	30 Veg lasagna Tossed salad w dressing Baby carrots Banana Italian bread Milk	31 Shephard's pie Green beans Baby carrots Garlic sticks Lemon raspberry cup Milk		