


Congregate Senior Nutrition Program

July 2024 – Menu

1 - Monday Beef and Egg Noodles w/gravy Prince Edward Blend Lima Beans Applesauce Bread  CELEBRATE BDAYS	2 – Tuesday Sloppy Joe Roasted Sweet Potatoes Seasoned Peas Bun Apricots SF Vanilla Pudding	3 - Wednesday Lemon Thyme Chicken Rice Pilaf Sliced Carrots Tossed Salad w/French Applesauce Bread	4 – Thursday <div style="text-align: center;"> CLOSED HAPPY 4th of JULY!! </div>	5 - Friday Honey Sriracha Pork Garlic Green Beans White Rice Diced Pears Angel Food Cake
8 - Monday Goulash Green Beans Lorna Doones Pears WW Breadstick	9 – Tuesday Beef Stew Seasoned Wax Beans Whipped potatoes w/gravy Apricots SF Vanilla Pudding Biscuit	10 - Wednesday Shredded Chicken w/homemade BBQ Peas Seasoned carrots Cole Slaw SF Chocolate Pudding Bun	11 - Thursday Honey Dijon Pork Roasted Sweet Potatoes Italian Veggie Blend Applesauce WW Bread Vanilla Wafers	12 - Friday Tuna Noodle Casserole OR Turkey Patty w/gravy over White Rice Seasoned Broccoli Seasoned Cauliflower Mixed Fruit Graham Crackers Bread
15 - Monday Salisbury Steak w/gravy Zucchini & Tomatoes Whipped Potatoes w/gravy Applesauce Graham Crackers	16 – Tuesday Swiss Chicken Casserole Seasoned Peas & Carrots Seasoned Red Beets Diced Peaches SF Vanilla Pudding Speaker @ WDS – Aissa & Hank Norris, 1912 Barn	17 – Wednesday Pork Loin w/gravy Bread Dressing w/gravy Spinach Kidney Bean Salad Canned Pineapple Lorna Doones Vinegar packet Speaker @ OX – Aissa & Hank Norris, 1912 Barn	18 - Thursday Veggie Frittata w/cheese Potatoes O'Brien Sausage Canned Apricots Bread Smart Balance & Jelly Speaker @ SC – Aissa & Hank Norris, 1912 Barn	19 - Friday Meatloaf w/gravy Whipped Potatoes w/gravy Seasoned Wax Beans Mixed Fruit SF Chocolate Pudding Bread
22 - Monday Mexican Chicken and Rice w/cheese Corn Broccoli Mandarin Oranges Graham Crackers Salsa & Sour Cream	23 – Tuesday Sloppy Joe Potatoes O'Brien Wax beans Tossed Salad w/Ranch Bun Pears	24 – Wednesday Shepherd's Pie Lima Beans Tarragon Baby Carrots Diced Peaches Bread	25 – Thursday Baked Tilapia OR Grilled Chicken Breast White Rice Garlic Green Beans Mixed Fruit SF Vanilla Pudding	26 – Friday Chicken Apple Crunch Salad Chopped Lettuce w/ Reg Ranch Apricots SF Vanilla Pudding Bread
29 – Monday Salisbury Steak w/gravy Potatoes w/gravy Zucchini & Tomatoes Pears SF Vanilla Pudding WW Bread	30 – Tuesday Chicken and Noodles Seasoned Corn Cooked Spinach Vinegar Packet Peaches SF Chocolate Pudding	31 – Wednesday Meatloaf w/gravy Potatoes w/gravy Seasoned Wax Beans Baked Apples Lorna Doones & Bread Speaker @ OX – Heather Calcara, IL Attny Genl's office	1 – Thursday	2 – Friday

**AQF desserts are diabetic-friendly treats for every palate. Our mixes are sugar free or no sugar added,

trans fat free, low cholesterol, low sodium and a good source of fiber. SF – sugar free ****Menu is subject to change****

All Meals served with 1% Milk/Tea/Water

SIGN UP 2 DAYS IN ADVANCE – 217-428-3459 / SUGGESTED DONATION \$4.00

(Full price \$7.50)