


Congregate Senior Nutrition Program

July 2025 – Menu

30 – Monday (June) Salisbury Steak w/ mushroom gravy Zucchini & Tomatoes Butternut Squash Pineapple Graham Crackers	1 – Tuesday Swiss Chicken Casserole Peas & Carrots Red Beats Diced Pears Bread SF Vanilla Pudding	2 - Wednesday Pork Loin w/gravy Roasted Sweet Potatoes Spinach Kidney Bean Salad Canned Pineapple Lorna Doones Vinegar packet	3 – Thursday Veggie Frittata w/ Cheese Potatoes O'Brien Sausage Apricots Applesauce Bread w/ Jelly	4 - Friday CLOSED HAPPY 4th of JULY!! 
7 - Monday Mexican Chicken and Rice w/cheese Corn Broccoli Diced Pears Graham Crackers Salsa & Sour Cream CELEBRATE BDAYS 	8 – Tuesday Sloppy Joe Potatoes O'Brien Wax beans Cole Slaw Bun Mixed Fruit	9 - Wednesday Shepherd's Pie Lima Beans Black Eyed Peas Applesauce Bread	10 - Thursday Chicken Apple Crunch Salad Chopped Lettuce w/ Reg Ranch Apricots SF Vanilla Pudding Bread	11 - Friday Baked Tilapia <u>OR</u> Grilled Chicken Breast w/ White Rice Garlic Green Beans Butternut Squash Peaches SF Chocolate Pudding
14 - Monday Salisbury Steak w/ mushroom gravy Whipped Potatoes w/ Gravy Beets Mixed Fruit SF Vanilla Pudding Bread	15 – Tuesday Chicken and Noodles Seasoned Cauliflower Cooked Spinach Vinegar Packet Mandarin Oranges SF Chocolate Pudding Speaker @ WDS – Matt Germann	16 – Wednesday Meatloaf w/gravy Whipped Potatoes w/gravy Butternut Squash Baked Apples Lorna Doones Bread Speaker @ OX – Matt Germann	17 - Thursday Shredded Pork w/ BBQ Baked Beans Broccoli Cole Slaw Pineapple Bun Speaker @ SC – Matt Germann	18 - Friday Tender Beef Pot Roast w/ Gravy Whipped Potatoes w/ Gravy California Blend Apricots Vanilla Wafer Bread
21 - Monday Beef & Noodles Capri Vegetables Broccoli Mandarin Oranges Bread	22 – Tuesday Sloppy Joe Roasted Sweet Potatoes Peas & Carrots Bun Apricots Applesauce	23 – Wednesday Lemon Thyme Chicken over Rice Pilaf Sliced Carrots Broccoli Tossed Salad w/ Italian Dressing SF Red Jello Bread	24 – Thursday Chicken Pot Pie Lima Beans Cauliflower Diced Peaches SF Vanilla Pudding	25 – Friday Honey Sriracha Pork Garlic Green Beans over White Rice Oriental Blend Vegetables Diced Pears Angel Food Cake
28 – Monday Turkey Goulash Garlic Green Beans Peaches Canned Pears Breadstick	29 – Tuesday Beef Stew Seasoned Corn Whipped Potatoes w/ Gravy Baked Apples SF Jello Biscuit	30 – Wednesday Shredded Chicken w/ BBQ Peas Butternut Squash Cole Slaw Applesauce Bun	31 – Thursday Honey Dijon Pork Roasted Sweet Potatoes Italian Vegetable Blend Bread Peaches	1 – Friday (August) Tuna Noodle Casserole or Turkey Patty w/ Gravy over White Rice Broccoli Cauliflower Mixed Fruit Graham Crackers Bread

****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)