

Senior Meals and Services	Noon Meal Calendar For Espresso Café - Cando Call 968-3809 The Day Prior for Reservation				Month of July 2024
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Bread 1 Italian Beef Sandwich Paprika Potatoes Green Beans Apple Crisp	Breadstick 2 Chicken Lasagna LS Vegetable Cherry Fruit Salad	3 LS = low sodium Salad: tossed, fruit, coleslaw, potato, macaroni w/peas	4	Bread 5 Pork Medallions Wild Rice Pilaf Mixed Vegetables Jell-O w/Fruit	
Breadstick 8 Spinach/Grilled Chicken Salad Mandarin Oranges	Bread 9 Tuna Noodle Hotdish Carrots Strawberries & Yogurt	10 Menus subject to change upon availability	11	Dinner Roll 12 Ham Scalloped Potatoes Peas & Carrots Cranberries	
Garlic Bread 15 Breaded Eggplant Angel Pasta/Marinara Corn Fruit	Bun 16 Sloppy Joes Tater tots Mixed Vegetables Pears	17	18	Bun 19 Breaded Fish Fillet Fries Coleslaw Blueberries	
Cornbread 22 Ham & Bean Soup Cottage Cheese & Fruit Banana Bran Muffin	Breadstick 23 Chicken Fettuccine Alfredo Broccoli House Salad Fruit Cocktail	24	25	Bread 26 Meatloaf Mashed Potatoes Brussel Sprouts w/Bacon Cinnamon Applesauce	
Bread 29 Beef Stroganoff House Salad Seasoned Broccoli Florets Fruit	Tortillas 30 Fish Taco (2) Coleslaw Pico de Gallo Corn Baked Apples	31			
Older Americans Act federal regulations require individuals 60 and older to complete an annual registration in order to participate in the Congregate Meals Program, or a semi-annual registration to participate in the Home-Delivered Meals Program. You will be notified when it is time to update.				Age 60 and over: Suggested Contribution for Congregate and Home Delivered Meals is \$4.00, Contribute as you are able. Those under 60 or who do not complete a registration form must pay \$12.10.	