

JULY 2024 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheesesteak with Provolone, Peppers & Onions on a Roll Roasted Baby Potatoes Pineapple Tidbits Goldfish Graham	2 Tuna Salad on a Croissant Lettuce & Tomato Cucumber Salad Chicken Noodle Soup Fruit Cocktail	3 BBQ Pulled Chicken on a Bun Fiesta Corn Broccoli Applesauce Chocolate Pudding	4 CLOSED	5 CLOSED
8 Turkey Burger with Cheddar Cheese Hamburger Roll Lettuce & Tomato Tater Tots Cantaloupe	9 Chicken Meatballs with Teriyaki Sauce Pineapple Tidbits Broccoli Brown Rice	10 Ham & Cheddar on Roll with Lettuce, Tomato & Onion Potato Salad Garden Vegetable Soup	11 Grilled Chicken Quinoa, Kale & Garbanzo Bean Salad Roll Fresh Orange Chocolate Pudding	12 Meatloaf with Gravy Mashed Potatoes Spinach Roll Fresh Peach
15 BBQ Chicken Breast Potato Salad with Egg Baked Beans Diced Peaches Giant Goldfish Graham Cracker	16 Pizza Burger Sweet Potato Wedges Capri Blend Veggies Fresh Apple	17 Hamburger Hot Dog Red Skin Potato Salad Baked Beans Watermelon	18 Mango Glazed Whitefish Baby Potatoes Caribbean Blend Vegetables Roll	19 Chicken Fajitas with Peppers, Onions, Shredded Cheese Lettuce & Tomato Tortilla Brown Rice & Beans Mixed Fruit
22 Beef and Broccoli with Teriyaki Sauce Brown Rice Carrots Mandarin Oranges	23 Chicken Salad 12 Grain Bread Beet Salad Italian Wedding Soup Whole Grain Saltines Cantaloupe	24 Lasagna Roll up with Meat Sauce Italian Blend Vegetables Applesauce Whole Grain Bread	25 Burrito Bowl with Chicken, Cheese, Diced Tomatoes Black Beans Brown Rice Tangerine	26 Pulled Pork with Au Jus Mashed Potatoes Caribbean Blend Vegetables Apple Hawaiian Roll
29 Sausage & Pepper Sandwich on a Whole Grain Club Roll Green Beans Fruit Cup	30 Oven Fried Chicken Mashed Potatoes with Gravy Coleslaw Dinner Roll Fresh Peach	31 (birthday lunch) Pierogis with Caramelized Onions Shaved Brussel Sprouts Fresh Plum White Wheat Bread		

- Lunch is \$3.00 for those over 60. Special lunches are \$4.00 for those over 60.

- Our meals are ordered in advance. Because of this, the amount of food we have for any given day is based precisely on how many members sign up to eat. You must call or sign up for lunch in person by 11 a.m. the day before. For example, if you want to eat with us on a Wednesday, you have to be signed up by 11 a.m. on Tuesday.

- Your signature is REQUIRED in the City Fare sign in book located on Lori's desk. City Fare requires us to authenticate each meal provided to ensure accuracy of distribution.