

July 2019

Warren/Hamilton Counties Office for the Aging

All meals served with 1% milk, bread, margarine, (Congregate site only - **coffee, and tea and juice**). Diabetic desserts are available for those with diabetes. **Menus subject to change.** **Frozen Dinner Heating Instructions: Oven:** 350 degrees for 30-45 min or 160 degree (Loosen aluminum foil top or puncture film seal) **Microwave:** *Plastic Containers only - loosen film seal, heat on high 5-6 minutes. Let stand 2-3 minutes prior to serving. Caution contents will be hot.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 1 Ziti w/Meat Sauce Green Beans Italian Veggies Pudding	July 2 Chicken & Biscuit Sweet Potato Broccoli Fresh Fruit	July 3 4th of July Picnic Hot Dog/Bun Hot Dog Bar for meal sites Hot German Potato Salad Baked Beans Independence Day Dessert	July 4 Independence Day  Meal Site Closed	July 5 Chicken Parmesan Spaghetti/ Marinara Scandinavian Veggies Tropical Fruit
July 8 Chicken Alfredo over Pasta California Medley Tropical Fruit Cup	July 9 Cheeseburger Deluxe Lettuce/tomatoes Roasted Potato Bites Brussel Sprouts Fruited Gelatin	July 10 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange	July 11 Cold Plate Chef Salad: Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Brownies	July 12 Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple
July 15 CHEF'S CHOICE	July 16 Meatloaf Mashed Potatoes Spinach Chilled Pears	July 17 Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	July 18 Veal Parmesan Penne Pasta/ Marinara Sauce Cauliflower Fresh Fruit Garlic Bread	July 19 Cold Plate Tuna Salad Hot Dog Bun Cottage Cheese Broccoli Salad Happy Birthday ! Cake/Frosting
July 22 BBQ Chicken Potato of the Day Beets Mandarin Oranges	July 23 Beef Florentine Scandinavian Veggies Tropical Fruit Cup	July 24 Roast Pork/Gravy Mashed Potatoes Peas & Onions Strawberry Short-cake	July 25 Cold Plate Egg Salad Fresh Tomato/ Lettuce Broccoli/ Mandarin Orange Salad Whole Wheat Bun Rice Pudding	July 26 Creamy Parmesan Fish Sweet Potatoes California Veggies Chilled Peaches
July 29 Swedish Meatballs Over Noodles Tomato & Zucchini Yogurt with Berries & Granola	July 30 Apple N' Onion Chicken Mashed Potatoes Carrots Fruited Gelatin	July 31 Salisbury Steak Sweet Potato Mixed Veggies Mandarin Oranges	Age 60+ Suggested contribution is \$3 Under age 60, required contribution is \$5	