

July Hot Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 MEAT LASAGNA 49gm CALIFORNIA BLEND VEGETABLES 1gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	2 CHICKEN CACCIATORE 13gm SAUTEED SPINACH 3gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	3 4th of July CLOSED
6 HUNGARIAN GOULASH 17gm SWEET & SOUR CABBAGE 4GM WARM CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm	7 PORK ROAST 2gm MASHED POTATOES & GRAVY 17gm CORN, PEAS, & CARROTS 6gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	8 SPINACH PEPPER QUICHE 20gm VEGETARIAN SAUSAGE PATTY 3gm CINNAMON APPLES 16gm WHOLE GRAIN ROLL 35gm	9 BEEF SLOPPY JOES 5gm BAKED BEANS 21gm CHOCOLATE ZUCCHINI CAKE 28gm HAMBURGER BUN 26gm	10 VEGETABLE LASAGNA 56gm HARVARD BEETS 8gm MIXED BERRY CRISP 18gm WHOLE GRAIN ROLL 35gm
13 BBQ CHICKEN THIGH 2gm COLLARD GREENS 4gm BANANA BREAD PUDDING 17gm WHOLE GRAIN ROLL 35gm	14 MACARONI & CHEESE 19gm SAUTEED SPINACH 3gm OATMEAL CAKE 36gm WHOLE GRAIN ROLL 35gm	15 BEEF SLOPPY JOES 5gm BAKED BEANS 21gm CHOCOLATE ZUCCHINI CAKE 28gm HAMBURGER BUN 26gm	16 CHICKEN PARMESAN 43gm BRUSSEL SPROUTS 7GM WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	17 BLACKENED TILAPIA 0gm SAUTEED SPINACH 3gm RICE PUDDING 18gm CORNBREAD MUFFINS 30gm
20 MEATLOAF AND GRAVY 18gm MASHED POTATOES 17gm STEWED TOAMTOES 4gm CORN PUDDING 22gm WHOLE GRAIN ROLL 35gm	21 CHICKEN POT PIE 14gm MAPLE GLAZED CARROTS 15gm APPLE CRUMB CAKE 56gm WHOLE GRAIN ROLL 35gm	22 SWEET AND SOUR PORK 17gm BROWN RICE 17gm SIMMERED GREEN CABBAGE 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm	23 BEEF ENCHILADA BAKE 13gm CILANTRO RICE 27gm APPLE COBBLER 26gm WHOLE GRAIN ROLL 35gm	24 FRENCH TOAST BAKE 27gm RUTABAGA HASH 48gm SAUSAGE LINKS 0gm FRUIT MUFFIN 16gm
27 SMOTHERED PORKLOIN 5gm COLLARD GREENS 4gm WARM CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm	28 COUNTRY FRIED CHICKEN 28gm MASHED POTATOES & GRAVY 28gm SWEET CORN 15gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	29 DIRTY RICE 14gm BLACK EYED PEAS 21gm CHERRY COBBLER 20gm WHOLE GRAIN ROLL 35gm	30 SESAME CHICKEN 27gm WHITE RICE WAX BEANS & PEPPERS 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm	31 VEGETABLE ALFREDO 18gm WAX BEANS & PEPPERS 5gm CARAMEL CAKE 34gm WHOLE GRAIN ROLL 35gm



If you are not available to receive your daily meal, please call ahead of time to cancel. 269-382-0515. Kalamazoo, Ext. 300. Calhoun, Ext. 350.

