

Morningside Healthy Active Living center

Hours of Operation: Monday - Friday 8 am - 4 pm Lunch Served at Noon

JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Hamburger Baked Beans Sliced Carrots Hamburger Bun Cantaloupe Cuts Ketchup	2 Creole Chicken Sliced Beets Dinner Roll Brown Rice Orange	3 Roast Beef w/Gravy Lemon Potatoes Mixed Vegetables Rye Bread Watermelon Cubes	4 CLOSED 	5 Spiral Pasta w/Meat Sauce Green & Wax Beans Wheat Bread Mandarin Oranges & Pineapple Tidbits
8 Baked Cod w/Paprika Au Gratin Potatoes Broccoli Florets Multi-Grain Bread Gala Apple Tartar Sauce	9 Meatloaf w/Gravy Glazed Yams Italian Green Beans w/Red Pepper Wheat Bread Fruit Cocktail	10 Chicken Cacciatore w/Sauce Noodles Leaf Spinach Dinner Roll Orange	11 Cold Roast Beef Sandwich w/Swiss Cheese, Lettuce & Tomato Coleslaw White Bean Salsa Rye Bread Plum	12 <u>Birthday Menu</u> Turkey Teriyaki Meatballs w/Sauce Confetti Brown Rice Sliced Carrots Angel Food Cake with Strawberries
15 Pork Loin w/Apple Glaze Whipped Potatoes Peas & Carrots Multi-Grain Bread Sliced Peaches	16 Chicken Salad Macaroni Salad Cherry Tomato Salad White Dinner Roll Nectarine	17 Salisbury Steak w/Gravy Scalloped Potatoes Italian Green Beans Wheat Bread Cantaloupe Cuts	18 Chicken Breast w/Mushroom Gravy Lemon Potatoes Broccoli Florets Honey Cracked Wheat Bread Plum	19 Baked Cod w/Lemon Wedge Cheese Tortellini w/Marinara Sauce French-Cut Green Beans 12 Grain Bread Orange Graham Crackers
22 Turkey w/Gravy Butternut Squash Stewed Tomatoes Multi-Grain Bread Red Delicious Apple Oatmeal-Raisin Cookie	23 Tuna Salad Potato Salad Sweet & Sour Coleslaw Dinner Roll Plum	24 Stuffed Cabbage w/Ground Beef Garlic Whipped Potatoes Mixed Vegetables Honey Wheat Bread Mandarin Oranges & Pineapple Cuts	25 Bow Ties w/Meat Sauce Yellow Beans w/Mushrooms Italian Bread Orange	26 Chef's Salad Bowl Chicken Strips Cheddar Cheese, Lettuce, Tomato Wedges, & Light French Dressing Chick Pea Salad Wheat Bread Watermelon Cuts
29 Pepper Steak w/Gravy Green Peppers, Onions, & Tomatoes Barley Wheat Bread Fruit Cocktail	30 BBQ Pork Au Gratin Potatoes Peas & Carrots Hamburger Bun Nectarine	31 Chicken Breast w/Lemon Cream Sauce Broccoli Florets Brown Rice Pilaf Dinner Roll Apple	All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency. Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.	