



Senior Nutrition Program

July, 2026

Monday	Tuesday	Wednesday	Thursday	Notes
		1 Ribette Sweet Potatoes Corn Pineapple Bread	2 CLOSED	<i>Please let us know, in advance, if you will <u>not</u> be home on a scheduled delivery day, so we can minimize food waste.</i> All meals include choice of bread (white or wheat), milk (2%, skim, or buttermilk) or fruit juice. You may request an alternative entrée or side (Cook's Choice) for any meal by providing at least one week's notice to the kitchen. Please refrigerate your meal if it will not be consumed upon delivery. If your meal is not consumed within 2 days of delivery, please discard.
6 Kielbasa Mashed Potatoes Sauerkraut Mandarin Oranges Bun	7 Turkey & Gravy Mashed Potatoes Carrots Applesauce Roll	8 Hamburger Seasoned Wedge Potatoes Italian Blend Vegies Fruit Cocktail Bun	9 Chicken Vegetable Soup Cole Slaw 100% Fruit Juice Crackers	
13 Fish French Fries Prince William Blend Vegies Tropical Fruit Bun	14 Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Pears Bread	15 Italian Chicken Mashed Potatoes Green Beans Peaches Roll	16 Turkey Cobb Salad 100% Juice Croutons Cookie	
20 Sausage Gravy Potato Triangles Tomato Juice Applesauce Biscuit	21 Chicken Patty Tater Tots California Blend Vegies Mixed Fruit Bun	22 Turkey Burger Warm Beets Diced Potatoes Pineapple Bun	23 Chicken Salad 3 Bean Salad Potato Salad Apricots Bun	
27 Chicken Strips Diced Potatoes Capri Blend Vegies Pears Bread	28 Hamburger Gravy Mashed Potatoes Carrots Mandarin Oranges Bread	29 Sausage Links Hashbrowns Sliced Cucumbers Jello w/Fruit Waffle	30 Ham & Cheese Pea Salad Pickled Beets 100% Fruit Juice Bun	

Contact Us: Central Kitchen at 740-922-6347 or the Nutrition Administrative Office at 740-922-6880