

# JULY 2026

| MONDAY                                                                            | TUESDAY                                                                           | WEDNESDAY 07/01                                                                                                                                                                           | THURSDAY 07/02                                                                      | FRIDAY 07/03                                                                              |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
|  |  | Cottage Eggs with Bacon<br>Oven Roasted Potatoes<br>Carrots<br>Apple                                                                                                                      | Swedish Chicken<br>Egg Noodles<br>Green Beans<br>Mandarin Oranges<br>Cucumber Salad | Spaghetti and Meatballs<br>Wax Beans<br>Mixed Fruit<br>Box Raisins                        |
| MONDAY 07/06                                                                      | TUESDAY 07/07                                                                     | WEDNESDAY 07/08                                                                                                                                                                           | THURSDAY 07/09                                                                      | FRIDAY 07/10                                                                              |
| Stuffed Cabbage<br>Wild Rice<br>Peas & Carrots<br>Fruited Jello<br>Box Raisins    | BBQ Chicken<br>Rice Pilaf<br>Brussel Sprouts<br>Orange<br>Pea Salad               | Turkey Fricassee<br>Mashed Potatoes<br>Capri Blend Vegetables<br>Banana                                                                                                                   | Roast Pork with Gravy<br>Mashed Potatoes<br>Malibu Blend Vegetables<br>Pears        | Chili Con Carne<br>Corn Bread<br>Cauliflower<br>Honeydew Melon                            |
| MONDAY 07/13                                                                      | TUESDAY 07/14                                                                     | WEDNESDAY 07/15                                                                                                                                                                           | THURSDAY 07/16                                                                      | FRIDAY 07/17                                                                              |
| Sweet and Sour Chicken<br>Brown Rice<br>Oriental Vegetables<br>Peaches            | Chicken Florentine<br>Penne Pasta<br>Green Beans<br>Cucumber Salad<br>Banana      |  Fish Sticks<br>Oven Roasted Potatoes<br>Capri Blend Vegetables<br>Orange<br>Box Raisins<br>MOW Cupcakes | Goulash<br>Prince Edward Vegetables<br>Apple                                        | Potato Crusted Tilapia<br>Oven Roasted Potatoes<br>Broccoli<br>Apple Crisp<br>Box Raisins |
| MONDAY 07/20                                                                      | TUESDAY 07/21                                                                     | WEDNESDAY 07/22                                                                                                                                                                           | THURSDAY 07/23                                                                      | FRIDAY 07/24                                                                              |
| Chicken Ziti Casserole<br>Green Beans<br>Grapes                                   | Pulled Pork<br>Baked Beans<br>Cauliflower<br>Peaches                              | Cheeseburger<br>Hash Browns<br>Capri Blend Vegetables<br>Apple                                                                                                                            | Chicken Bacon Ranch Wrap<br>Cabbage Salad<br>Peaches<br>Box Raisins                 | Chicken Chili<br>Baked Potato<br>Malibu Blend Vegetables<br>Pears<br>Box Raisins          |
| MONDAY 07/27                                                                      | TUESDAY 07/28                                                                     | WEDNESDAY 07/29                                                                                                                                                                           | THURSDAY 07/30                                                                      | FRIDAY 07/31                                                                              |
| Swiss Steak<br>Mashed Potatoes<br>Green Beans<br>Banana                           | Chicken Caesar Salad<br>Grape Tomatoes & Croutons<br>Pickled Beets<br>Peaches     | Roast Turkey & Gravy<br>Mashed Potatoes<br>Peas<br>Orange                                                                                                                                 | Turkey and Carrot Divan<br>Egg Noodles<br>Cole Slaw<br>Lime Jello with Pineapples   | Chicken Nuggets<br>Oven Roasted Potatoes<br>Green Beans<br>Orange                         |