

**SENIOR  
JULY  
2021**



SERVING SENIORS BOONE LEE OGLE WINNEBAGO COUNTIES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MENU IS SUBJECT TO CHANGE WITHOUT NOTICE	8 oz. Low Fat Milk served with all lunches. 			1 SLOPPY JOE WGR WHEAT BUN TATOR TOTS GREEN BEANS APRICOTS
5		6	7	8	9
To make a reservation in Rockford  815-963-1609 or 1-800-779-1189	CLOSED	ITAL. CHIX SALAD W\GREENS CARROTS, EGGS, CUKES TOMATOES, CHEESE WGR DINNER ROLL \ BUTTER FRUIT JUICE	A.) BAKED CHICKEN QTR MASHED POT/GRAVY BROCCOLI WGR DINNER ROLL PEACHES B.) R. BEEF/CR. MUSH.	MUSHROOM SWISS BURGER ON WGR BUN BUTTERED RED POT. BAKED BEANS APRICOTS	FISH PATTY MAC & CHEESE WGR BUN CALIF. BLEND VEGGIES STRAWBERRY APPLESC. E. TARTAR SAUCE
	12	13	14	15	16
RESERVATIONS & CANCELLATIONS CALL BY 10:00 AM THE DAY BEFORE  	JUMBO HOT DOG WGR BUN POTATO WEDGES BAKED BEANS PEACHES KETCHUP/MUSTARD	CHICKEN CAESAR SALAD GREENS, TOMATOES CUKES, , PARM.CHEESE WGR DINNER ROLL \ BUTTER FRUIT JUICE	SPAGHETTI W \ MEATSAUCE GREEN BEANS CAULIFLOWER WGR GARLIC BREAD APRICOTS	A.) HOT TURKEY SAND. MASHED POT/GRAVY MIXED VEGETABLES WGR WHEAT BREAD - 2 CHERRY CRISP B.)HAM/CHIX NOODLE	CHICKEN TACO WGR FLOUR TORTILLA LETTUCE\TOMATO SPANISH RICE \ BEANS FRESH FRUIT
	19	20	21	22	23
*CHOICE A only sent to MEALS ON WHEELS CLIENTS	CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG WGR DINNER ROLL DICED PEARS	CHEF SALAD W\GREENS TURKEY & HAM CUKES, EGGS, TOM, CHEESE WGR DINNER ROLL \ BUTTER MANDARIN ORANGES	POLISH SAUSAGE SAUERKRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE WGR HOT DOG BUN	CHEESE OMELETT SAUSAGE PATTIES WGR BLUEBERRY MUFFIN HOT PEACHES	A.) PEPPER STEAK MASHED POT/GRAVY GLAZED CARROTS WGR WHEAT BREAD - 1 PINEAPPLE TIDBITS B.) TURKEY/VEGETABLE
	26	27	28	29	30
THERE ARE NO SUBSTITUTIONS	HAMBURGER PATTY WGR WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEARS	BBQ CHIX BREAST CHEESY POTATOES SEAS. GREEN BEANS WGR DINNER ROLL FRUIT COCKTAIL	BAKED PORK CHOP MASHED POT/GRAVY CALIF. BLEND VEG. WGR WHEAT BREAD 1 APPLESAUCE	SWEET AND SOUR MEATBALLS FLUFFY RICE BLENDED VEGGIES WGR DINNER ROLL APPLE CRISP	A.) TROPICAL CHIX SALAD CUCUMBER SLICES WGR CROISSANT MANDARIN ORANGES  B.) CHIX SAL./TOMATO