

**SENIOR
JULY
2024**



**SERVING SENIORS
BOONE
LEE
OGLE
WINNEBAGO
COUNTIES**

**MENU IS SUBJECT
TO CHANGE WITHOUT
NOTICE**

**To make a
reservation
in Rockford**

**815-963-1609
or
1-800-779-1189**

**RESERVATIONS
&
CANCELLATIONS
CALL BY 10:00 AM
THE DAY BEFORE**

***CHOICE A only sent to
MEALS ON WHEELS
CLIENTS**

**THERE ARE
NO
SUBSTITUTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
BAKED CHIX BREAST MASHED POT \ GRAVY STEAMED PEAS WGR DINNER ROLL APPLESAUCE	CHICKEN CAESAR SALAD CROUTONS PARM CHEESE WGR DINNER ROLL \ BUTTER FRUIT JUICE	BAKED PORK CHOP MASHED POTATOES GREEN BEANS WGR DINNER ROLL CHERRY CRISP	CLOSED	A.) CRISPY FISH SAND. WGR WHEAT BUN \ TARTAR HASH BROWNS PEAS DICED PEACHES B.) TURKEY/MINESTRONE
8	9	10	11	12
SALISBURY STEAK MASHED POT/GRAVY CALIF. BLEND VEGGIES WGR DINNER ROLL MANDARIN ORANGES	SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES WGR DINNER ROLL APRICOTS	MEATBALL SUB ON WGR ROLL PEAS & CARROTS SEASON POT. WEDGES DICED PEACHES	A.) PULLED PORK HAMBURGER BUN CHEESY MASHED BROCCOLI FRUIT COCKTAIL B.) TUNA SAL/CHIX RICE	TROPICAL CHIX SALAD TOMATO SLICES WGR CROISSANT MANDARIN ORANGES
15	16	17	18	19
BBQ RIBLETT WGR WHEAT BUN AUGRATIN POTATOES CALIF. BLEND VEGGIES DICED PEARS	CREAMY CHICKEN PASTA CARROTS STEAMED PEAS WGR WHEAT BREAD -1 CHILLED PINEAPPLE	CHEESEBURGER ON WGR WHEAT BUN TATOR TOTS BAKED BEANS FRUIT COCKTAIL	A.) LEMON PEPPER CHIX WILD RICE BROCCOLI WGR DINNER ROLL APPLESAUCE B.) HAM/VEGETABLE	SOUTHWEST SALAD BLK BEANS, CORN, CHEESE CHICKEN, TOMATO, ONION WGR DINNER ROLL FRUIT JUICE
22	23	24	25	26
ROSEMARY HERBED CHX MASHED POT/GRAVY GREEN BEANS WGR DINNER ROLL MIXED CITRUS FRUIT CUP	BAKED ZITI W\MEATS SAUCE ITALIAN BLEND VEG. WGR GARLIC BREAD HOT APPLESAUCE	A.) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS WGR DINNER ROLL APRICOTS B.) LIVER & ONIONS	JUMBO HOT DOG W\BUN BAKED BEANS POTATO WEDGES MANDARIN ORANGES RELISH PACKET	ITAL. CHIX SALAD W\GREENS CARROTS, EGGS, CUKES TOMATOES, CHEESE WGR DINNER ROLL \ BUTTER FRUIT JUICE
29	30	31		
B.B.Q. CHIX BREAST WGR DINNER ROLL AUGRATIN POTATOES CAULIFLOWER PINEAPPLE TIDBITS	A.) SLOPPY JOE WGR WHEAT BUN CHEESY POTATOES BROCCOLI DICED PEARS B.) HAM/VEGETABLE	BAKED CHICKEN QTR MASHED POT/GRAVY COIN CARROTS WGR DINNER ROLL PEACH COBBLER		8 oz. Low Fat Milk served with all lunches.

