July 2024

CICOA
Aging & In-Home Solutions
A member of the INconnect Alliance.

SCAN ME

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken & Noodles Rosemary Potatoes Broccoli Wheat Roll Diced Pears Milk	2 Pot Roast w/Gravy Key West Veggies Mashed Potatoes Wheat Bread Strawberry Applesauce Milk	3 Spaghetti/meatballs Parmesan Cheese California Veggie Blend Italian Cut Green Beans Mandarin Oranges Milk	4 Happy 4th of July! Meal Site Closed	5 Southwest Omelet w/Cheese & Salsa Shredded Mini Wheats Hash Browns Mixed Fruit Milk
8 Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pears Wheat Bun Milk	9 Almond Crusted Fish Spinach Scalloped Potatoes Wheat Bread Diced Peaches Milk	11 Veal Piccata California Veggie Blend Roasted Potatoes Wheat Roll Mandarin Oranges Milk	11 Braised Beef Over Egg Noodles Collard Greens Diced Carrots Wheat Roll Applesauce Milk	12 Cheese Lasagna w/ Veggie Marinara Capri Veggies Lima Beans Wheat Roll Diced Pineapple Milk
15 Oven Fried Chicken Whipped Sweet Potatoes Collard Greens Orange Juice Milk	16 Italian Bowtie Pasta w/Beef Broccoli w/Red Peppers Green Beans Mandarin Oranges Milk	17 Bagel w/Egg, Sausage & Cheese Sliced Apples Roasted Sweet Potatoes Milk	18 Country Ham & Beans Diced Beets Diced Carrots Corn Bread Mixed Fruit Milk	19 Potato Pollock Peas and Corn Turnip Greens Wheat Bread Tropical Fruit Milk
22 Sloppy Joe WG Bun Roasted Sweet Potatoes Brussel Sprouts w/ Onion Diced Pineapple Milk	23 Teriyaki Chicken & Noodles Stir Fry Veggies Fresh Orange Milk	24 Chicken Parmesan Parmesan Cheese Apples w/Cherries & Almonds Roasted Potatoes Wheat Bread Diced Mangos Milk	25 Sliced Turkey over Southwest Pasta Broccoli Peas Chocolate Pudding Milk	26 Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk
29 Meatloaf w/Gravy Brussels sprouts Mashed Potatoes Mandarin Oranges Birthday Treat Milk	30 Indiana Style Chili Mac California Veggie Blend Applesauce Corn Bread Milk	31 Ginger BBQ Chicken Whipped Sweet Potatoes Collard Greens Wheat Bread Diced Pears Milk		Cultural Meal Day

*Menus are subject to change based on product availability.
https://cicoa.org/menu