
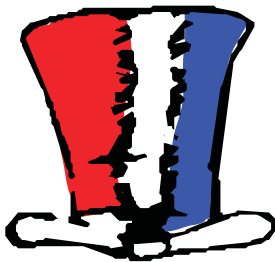


ST. CHARLES AREA AGENCY ON AGING • JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Chicken Breast Fillet w/Gravy Mashed Potatoes Italian Blend Vegetables Whole Wheat Bread Banana Moon Pie Margarine 2</p>	<p><u>JULY 4TH SPECIAL</u> Pork Riblett Hoagie w/BBQ Sauce on Hoagie Bun Baked Beans Confetti Coleslaw Fresh Watermelon 3</p>	<p><u>CLOSED FOR HOLIDAY</u></p>  <p>4</p>	<p>Hamburger on a Bun Lettuce/Tomato/Pickle Mayonnaise Mustard / Ketchup Baked Beans Cardinal Citrus Gelatin 5</p>	<p>Smothered Bone-In Chicken Smothered Potatoes Green Beans w/Peppers White Bread Royal Brownie 6</p>
<p>Chicken & Sausage Jambalaya Carrots Broccoli Cuts Whole Wheat Bread Fresh Apple Margarine 9</p>	<p>White Bean Chicken Chili Steamed Spinach Cucumber/Onion Salad Whole Wheat Crackers Mandarin Oranges Margarine 10</p>	<p>Chef Salad w/Turkey, Ham & Cheese over Salad Greens Ranch Dressing Fresh Fruit Saltine Crackers Blueberry Cake 11</p>	<p><u>BREAKFAST SPECIAL</u> Brkfst Sausage or Ham Grits / Biscuit Jelly / Margarine Escalloped Apples Orange Juice Fruit & Grain Bar 12</p>	<p>Meatloaf w/Gravy Mashed Potatoes Southern Green Beans Whole Wheat Bread LD Fudge Round 13</p>
<p>Country Meatballs Mixed Vegetables Winter Blend Vegetables Whole Wheat Bread LD Oatmeal Cookie Margarine 16</p>	<p>Sliced Roasted Turkey w/Gravy Candied Sweet Potatoes Southern Green Beans Whole Wheat Bread Mandarin Oranges Margarine 17</p>	<p><u>BIRTHDAY SPECIAL</u> Chicken & Sausage Gumbo w/Rice Okra & Tomatoes Potato Salad White Dinner Roll Cake/Ice Cream Cup 18</p>	<p>Hamburger w/Cheese on a Bun Lettuce/Tomato/Pickle Mayonnaise / Mustard Baked Beans Mixed Fruit Chocolate Milk 19</p>	<p>Sausage & Pinto Beans w/Brown Rice Seasoned Turnip Greens Tossed Salad w/Dressing Cornbread Fresh Fruit 20</p>
<p>Swiss Style Beef Patty w/Rice Normandy Blend Vegt Mixed Fruit Whole Wheat Bread Fruit & Grain Bar 23</p>	<p>Tuna Salad Sandwich on Whole Wheat Bread Lettuce/Tomato/Pickle Broccoli Raisin Salad Poke Cake 24</p>	<p><u>SPECIAL BY WH CASTLE</u> Spaghetti w/Meatballs Buttered Cabbage Pickled Beets Garlic Bread Cardinal Citrus Mold Margarine 25</p>	<p>Ham & Lima Beans w/Rice Strawberry Kiwi Juice Steamed Spinach Cornbread Chocolate Moon Pie 26</p>	<p>Bourbon Chicken Salad Sandwich on Whole Wheat Bread Spinach Salad w/Italian Mixed Fruit Banana Pudding 27</p>
<p>Chicken Breast Fillet w/Gravy Mashed Potatoes Italian Blend Vegetables Whole Wheat Bread Banana Moon Pie Margarine 30</p>	<p>Sliced Ham & Cheese Sandwich on Whole Wheat Bread Lettuce/Tomato/Pickle Mayonnaise / Mustard Carrot Raisin Salad Applesauce Cup 31</p>	<p>All Meals are Served With 1/2 Pint of 2% Milk.</p>		<p>Your Contributions are Greatly Appreciated.</p> <p>Please Help Your Council on Aging Help Others.</p>