

JULY 2021 MENU

Items with **contain pork or pork products. Menu subject to change due to availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Items with **contain pork or pork products. Menu subject to change due to availability.	Aster Aging is funded in part by Area Agency on Aging Region One		1 Creamy Herb Chicken Broccoli Sugar Snap Peas Brown Rice Whole Wheat Roll Blackberries	2 Fish Sticks Chef's Blend Vegetables Green Beans Whole Wheat Roll Orange
5 Closed Holiday Observance	6 Cheese Tortellini w/ Marinara Peas & Pearl Onions Zucchini Whole Wheat Roll Apricots	7 Parmesan Tilapia Grilled Artichokes Wax Beans Whole Wheat Roll Pineapple	8 Pork Loin w/ Country Gravy** Asparagus Cilantro Cauliflower Rice Whole Wheat Roll Oreo Cake Orange	9 Teriyaki Beef Oriental Blend Vegetables Roasted Brussel Sprouts Whole Wheat Roll Fresh Pear
12 Lemon Herb Chicken Corn on the Cob Roasted Potatoes Biscuit Strawberries	13 Pulled Pork Shepard's Pie** Carrots Whole Wheat Roll Banana	14 Orange Chicken Succotash Brown Rice Whole Wheat Roll Applesauce	15 Bean & Cheese Burrito w/ Enchilada Sauce Steamed Cabbage Grilled Vegetables Butterscotch Pudding	16 <u>Cold Salad Plate</u> Ham, Corn & Cucumber / Tomato Whole Wheat Roll Tropical Fruit
19 Hamburger w/ Tomato & Lettuce Winter Blend Vegetables Sweet Potato Fries Whole Wheat Bun Melon	20 Pulled BBQ Chicken Coleslaw Baked Beans Whole Wheat Roll Peaches	21 Beef and Broccoli Asian Blend vegetables Fried Rice Whole Wheat Roll Orange	22 Pork Chop Diane** Cauliflower Baked Potato Whole Wheat Roll Strawberries	23 Baked Catfish Asparagus Carrots Whole Wheat Sweet Roll Apricots Birthday Cake
26 Gnocchi w/ Ground Turkey Zucchini Italian Blend Vegetables Bread Stick Pears	27 Pork Pozole Stew** Corn Yellow Squash Whole Wheat Roll Pineapple	28 Orange Chicken Salad Cucumber Salad Beets Crackers Mixed Fruit	29 Waffle w/ Eggs Sliced Tomatoes Chef's Potato Yogurt w/ Fresh Fruit	30 Fried Chicken Greens Beans Yams Whole Wheat Sweet Roll Fruit Cocktail