United Samaritans Foundation

July 2023-Sample Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 4th of July Holiday	4 4th of July Holiday	5 Egg Salad Sandwich on WW Bread *Apricot Halves +Broccoli Raisin Salad Romaine Salad w/dressing 1% milk	6 Burger on WW Bun Lettuce/Tomato/Onion *Cinnamon Roasted Carrots Coleslaw +Mandarin Oranges 1% milk	7 Chicken Fajitas w/flour tortilla Pico de Gallo *Baby Carrots +Mixed Melon Cup 1% milk
10 Tuna Wrap Crisp Vegetable Cup *Sweet Potato Salad +Mixed Melon Cup 1% milk	11 Cobb Salad *Crisp Vegetable Cup +Mandarin Oranges WW Roll w/butter 1% milk	12 Beef Taco Salad Pico de Gallo Refried Beans +Mexican Salad 1% milk	13 Chicken Club Pasta Salad +Mixed Melon Cup Spinach Salad Whole Wheat Roll 1% milk	14 Minestrone Soup Hamburger Patty Whole Grain Crackers *Baby Carrots Tossed Green Salad 1% milk
17 Turkey Sandwich on WW Bread +Crispy Corn Salad *Sweet Potato Salad Pineapple Chunks 1% milk	18 Tuna Salad Plate WW Bread +Mango Apple Coleslaw *Crisp Vegetable Cup 1% Milk	19 Pulled Pork w/ BBQ sauce WW Bun +Coleslaw w/bell pepper *Apricots 1% milk	20 Meatloaf Mashed Potatoes/Gravy *Sauteed Spinach +Mixed Melon Cup WW roll w/butter 1% milk	21 Beef Stew Spinach Salad +Mandarin Oranges Biscuit 1% milk
24 Chicken Salad Plate *Crisp Vegetable Cup WW Crackers +Melon Cup 1% milk	25 Italian Chicken Salad +Bell Pepper Strips Spinach Salad Pineapple Tidbits WW Roll w/butter 1% milk +++	26 Turkey Burger/WW Bun Lettuce/Onions/Tomato +Crispy Corn Salad *Carrot/Raisin Salad +Mango 1% milk	27 SW Chicken Chili +Broccoli Whole Grain Crackers Seasonal Fruit 1% milk	28 Split Pea with Ham Soup *Carrot Coins +Cauliflower Biscuit Seasonal Fruit 1% milk
31 Chicken BLT Salad WW Roll w/margarine Crisp Vegetable Cup +Mango 1% milk	All meals in this program provide 1/3 of the Dietary Reference Intake as directed by the Older Californian Nutrition Program 1% milk served with all meals	Meal >1000 mg sodium) +: good Vitamin C source *: good Vitamin A source 1% Milk offered at all meals #:Whole grains served unless indicated otherwise		