

SENIOR MEALS MENU – JULY 2026

Please choose 6 meals for each week and **return to your delivery person by 6/29/2026.**

<p>NAME: _____ July 6, 2026</p> <ul style="list-style-type: none"> <input type="checkbox"/> Breakfast Bowl <input type="checkbox"/> Bratwurst & Sauerkraut with Potatoes <input type="checkbox"/> Chicken Quesadilla with Corn & Black Bean Salsa <input type="checkbox"/> Ham & Noodle Casserole with Peas <input type="checkbox"/> Shepherd's Pie <input type="checkbox"/> Cajun White Fish with Rice Pilaf & Asparagus <input type="checkbox"/> Potato Soup <input type="checkbox"/> White Chicken Chili <input type="checkbox"/> Caesar Chicken Wrap & Broccoli Salad 	<p>NAME: _____ July 13, 2026</p> <ul style="list-style-type: none"> <input type="checkbox"/> Western Scrambled Eggs with Potatoes <input type="checkbox"/> Sausage, Potatoes & Green Beans <input type="checkbox"/> Teriyaki Chicken with Rice & Broccoli <input type="checkbox"/> Chicken Parmesan Casserole with Green Beans <input type="checkbox"/> Beef Burrito <input type="checkbox"/> Tuna Salad Sandwich with Italian Pasta Salad <input type="checkbox"/> Cheeseburger Soup <input type="checkbox"/> Vegetable Soup <input type="checkbox"/> Loaded Cobb Salad <p style="color: green; font-size: small;">Chicken, lettuce, tomato, boiled eggs, green onion, bacon, bleu cheese, cucumber, honey mustard dressing</p>
<p>NAME: _____ July 20, 2026</p> <ul style="list-style-type: none"> <input type="checkbox"/> Blueberry Muffin with Yogurt <input type="checkbox"/> Jambalaya <input type="checkbox"/> Seasoned Chicken Breast with German Potato Sald & Green Beans <input type="checkbox"/> Cheeseburger Casserole with Mixed Vegetables <input type="checkbox"/> Parmesan Crusted Tilapia & Stuffed Zucchini <input type="checkbox"/> Hamburger with Kidney Bean Salad <input type="checkbox"/> Chicken Noodle Soup <input type="checkbox"/> Tuscan Sausage & Vegetable Soup <input type="checkbox"/> Turkey Club Wrap with Ranch Coleslaw 	<p>NAME: _____ July 27, 2026</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scrambled Eggs with Bacon & Grits <input type="checkbox"/> Hawaiian Ham, Au Gratin Potatoes & Brussels Sprouts <input type="checkbox"/> Baked Chicken, Mashed Potatoes & Gravy with Southern Lima Beans <input type="checkbox"/> Chicken Tetrazzini <input type="checkbox"/> Swedish Meatballs, Egg Noodles & California Blend <input type="checkbox"/> Fish Taco with Summer Corn Salad <input type="checkbox"/> Beef & Vegetable Soup <input type="checkbox"/> Broccoli Cheddar Soup <input type="checkbox"/> Grilled Chicken Salad <p style="color: green; font-size: small;">Chicken, iceberg & romaine lettuce, tomato, red onion, cheddar cheese, cucumber, croutons</p>

If you have any questions or need to call/text in your order, please contact us at 219-204-1189