

# JULY

## MONDAY

**1** Chicken Fried Steak  
Mashed Potatoes  
Country Gravy  
Green Beans  
Roll  
Sugar Free Cookies

## TUESDAY

**2** BBQ Ribs  
Mac & Cheese  
Green Peas  
White Roll  
Strawberry Oatmeal Bars

## WEDNESDAY

**3** Lasagna  
Side Salad  
Italian Green Beans  
Garlic Roll  
Strawberry Jello

## THURSDAY

**4**   
4<sup>th</sup> of JULY

## FRIDAY

**5** Cheeseburgers  
Pickles, Lettuce & Tomato  
French Fries  
Baked Beans  
Pudding

**8** Biscuits and gravy  
Bacon  
Omelet  
Yogurt  
Oatmeal Cookies

**9** Ranch Chicken Wrap  
Curly Fries  
Broccoli w/ Cheese  
Sauce  
Peanut Butter Bar

**10** Crab Cakes or Grilled  
Chicken  
Red Beans and Rice  
Baby Carrots  
Glazed Lemon Cake

**11** Sausage & Sauerkraut  
Fried Potatoes  
5 Way Veggies  
Cornbread  
Brownie

**12** Meatloaf  
Mashed Potatoes & Gravy  
Green Beans  
White Roll  
Apple Crisp

**15** Fried Catfish  
Baked Beans  
Coleslaw  
Hush Puppies  
No Bake Cookies

**16** Pinto Beans  
Country Potatoes  
Greens  
Cornbread  
Peaches

**17** Pork Chops  
Roasted Potatoes  
Gravy  
Corn  
Wheat Roll  
Chocolate Pudding

**18** Grilled Chicken Breast  
Ranch Potato Wedges  
Italian Green Beans  
Biscuit  
Cherry Cobbler

**19** Chicken Livers  
Mashed Potatoes & Gravy  
Roll  
Side Salad  
Strawberry Cake

**22** French Toast  
Sausage Links  
Scrambled Eggs  
Fruit  
Juice

**23** BLT Sandwich  
Potato Salad  
Chips  
Strawberry Oatmeal  
Bars

**24** Taco Salad w/ Chips  
Refried Beans  
Guacamole & Salsa  
Vanilla Pudding

**25** Great Northern Beans  
Baby Bakers  
Fried Cabbage  
Mexican Cornbread  
Lemon Bars

**26** Chicken Salad or Tuna  
Salad Sandwich  
Lettuce & Tomatoes  
Corn  
Peaches

**29** Salmon Patties  
Side Salad  
Roasted Potatoes  
Wheat Roll  
Brownies

**30** Popcorn Chicken  
Scalloped Potatoes  
Grilled Corn  
Biscuit  
Apple Crisp

**31** Beef Livers  
Mashed Potatoes & Gravy  
Green Beans  
White Roll  
Cookies

**Johnson County Senior Activity  
Center  
Congregate Menu**