

# July 2025 Menus

Milk and beverages served daily.

Meals Prepared by: Blair Senior Services, Inc.

Registered Dietician: Teri Henry, RDN, LDN

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Roast Beef with Gravy Loaded Baked Potato Mixed Vegetables Pears in Strawberry Gelatin	2 Vegetable Quiche Tater Tots French Cut Green Beans Mandarin Oranges	3 Hamburger on a Whole Wheat Roll Potato Salad Watermelon Cubes Ice Cream Cup	4 <b>INDEPENDENCE DAY</b>  <b>AGENCY CLOSED</b>
7 Sloppy Joe Tater Tots Broccoli Florets Fruit Cocktail	8 Cheese Omelet Sausage Patty Whole Wheat Waffles with Syrup Orange Juice	9 Turkey & Provolone Sandwich on a Whole Wheat Roll Vegetable Barley Soup with Crackers Mandarin Oranges in Orange Gelatin	10 Meatloaf with Gravy Mashed Potatoes French Cut Green Beans Applesauce Whole Wheat Dinner Roll	11 Chicken Parmesan Shell Pasta with Marinara Sauce Italian Blend Vegetables Mixed Berry Blend Italian Bread
14 Macaroni & Cheese Stewed Tomatoes Monte Carlo Vegetables Mandarin Mousse	15 Roast Pork with Gravy Stuffing French Cut Green Beans Applesauce	16 Hot Dog on a Whole Wheat Roll Baked Beans Potato Salad Watermelon Cubes	17 Swedish Meatballs with Gravy Buttered Noodles California Blend Vegetables Mandarin Oranges in Orange Gelatin Whole Wheat Dinner Roll	18 BBQ Rib Patty Sandwich Corn Key West Vegetables Strawberry Mousse
21 Hamburger French Fries French Cut Green Beans Mixed Berry Blend	22 Chef Salad Pears in Cherry Gelatin Whole Wheat Dinner Roll	23 Breaded Fish Sandwich on a Whole Wheat Roll AuGratin Potatoes Mixed Vegetables Fruit Cocktail	24 Chicken & Broccoli Alfredo Italian Blend Vegetables Applesauce Italian Bread	25 Baked Ham Mashed Sweet Potatoes Broccoli Florets Strawberry Cake with Whipped Topping
28 Roast Turkey with Gravy Mashed Potatoes French Cut Green Beans Cranberry Juice Whole Wheat Dinner Roll	29 Spaghetti & Meatballs Italian Blend Vegetables Mixed Berry Blend Italian Bread	30 Chicken Salad Sandwich Cream of Broccoli Soup with Crackers Fruit Cocktail Ice Cream Cup	31 Breaded Fish Filet AuGratin Potatoes Monte Carlo Vegetables Diced Peaches Whole Wheat Dinner Roll	