

# July 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Saginaw County Commission on Aging - Meals Menu</b> <b>Suggested Donation: \$2.25</b> <b>Call 989-797-6880 for details</b> <b>Menu subject to change without notice</b>				1
4 <b>Closed in Observance of Independence Day</b>	5 Beer Battered Cod 15 Diced Redskin Potatoes 12 Herbed Green Beans 6 Dinner Roll 16 Orange 21 Fat Free White Milk 13	6 Dutch Chicken 5 Rosemary Potatoes 25 Green Peas 12 Dinner Roll 19 Fruit cup 16 Fat Free White Milk 13	7 Ham 0 Macaroni & Cheese 21 Vegetable Medley 10 Mixed Fruit Salad 8 Dinner Roll 16 Chocolate Milk 20	8 Mexican Lasagna 5 Spanish Rice 23 Refried Beans 21 Pineapple Orange Delight 36 Chocolate Milk 20
11 BBQ Meatballs 13 Brown Rice 17 Caribbean Blend Vegetables 6 Peaches 14 Whole Wheat Bread 19 Fat Free White Milk 13	12 Goulash 18 Vegetable Medley 10 Mixed Green Salad 4 Ambrosia 24 Texas Toast 20 Fat Free White Milk 13	13 Fish Almondine 13 Souper Scalloped Potatoes 26 Creamy Coleslaw 15 Fruit Cocktail 15 Whole Wheat Bread 19 Fat Free Chocolate Milk 20	14 Glazed Chicken Quarter 7 Augratin Potato 31 Collard Greens 8 Jell-O w/ fruit 19 Whole Wheat Bread 19 Fat Free White Milk 13	15 Beef Stroganoff 6 Mashed Potatoes 19 Caribbean Blend Vegetables 6 Chilled Pears 16 Garlic Breadstick 22 Fat Free Chocolate Milk 20
18 Turkey Tetrizzini 21 Kyoto Vegetable Blend 10 Mixed Melon Salad 12 Dinner Roll 16 Chocolate Milk 20	19 Meatloaf 8 Mashed Potatoes 19 Carrots 7 Strawberry Shortcake 46 Fat Free White Milk 13	20 Swiss Chicken 0 Stuffing 5 Wintblend Vegetables 5 Mixed Fruit Salad 8 Whole Wheat Bread 19 Chocolate Milk 20	21 Roast Pork w/ gravy 1 Diced Redskin Potatoes 12 Green Peas 12 Waldorf Salad 28 Dinner Roll 16 Chocolate Milk 20	22 Beef Dippers 8 Baked Beans 37 Prince Charles 6 Fruit cup 16 Whole Wheat Bread 19 Chocolate Milk 20
25 Pork Chop 0 Diced Redskin Potatoes 12 California Blend Vegetables 7 Applesauce 12 Whole Wheat Bread 19 Fat Free White Milk 13	26 Chicken Cordon Blue 17 Potato w/ onions 13 Mixed Green Beans 6 Plums 17 Whole Wheat Bread 19 Fat Free White Milk 13	27 Spaghetti w/ sauce 29 Brussel Sprouts 9 Mandarin Oranges 13 Garlic Breadstick 22 Chocolate Milk 20	28 Roast Beef w/ gravy 6 Mashed Potatoes 19 Capri Vegetables 5 Ambrosia 24 Dinner Roll 20 Chocolate Milk 20	29 BBQ Pork Rib 5 Sliced Potatoes 21 Super Sweet Corn 21 Cranberry Swirl 38 Whole Wheat Bread 19 Fat Free White Milk 13

**Grams of Carbohydrates: 15 grams = 1 carb exchange. All menus are prepared with no added salt and a maximum of 1200mg sodium per meal. Menu items may be cooked and/or come into contact with the following food allergen products such as eggs, milk, wheat, fish or peanut products.**