

# JULY 2023: LUNCHEON MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
<b>3</b>	3 oz. Breaded White Fish ½ c. Macaroni & Cheese ½ c. Stewed Tomatoes 1 slice Wheat Bread Ketchup/Tartar Sauce ½ c. Cantelope 8 oz. 2% Milk	<b>4</b>	<b>HAPPY 4TH OF JULY!</b>		<b>5</b>	8 oz. Spaghetti /3oz Pork Sausage 2 oz. Tomato Sauce/Parm. cheese 1 c. Tossed Salad/Tomato 1 pack Italian Dressing ½ c. Capri Blend Vegetables (squash, green beans, broccoli, carrots, cauli., peppers, lima beans) 1.1 oz. Dinner Roll 4 oz. Cake/8 oz. 2% Milk	<b>6</b>	8 oz. Beef Barley Soup/Crackers 3 oz. Tuna Salad on Lettuce Leaf w/ Sliced Tomato ½ c. Macaroni Salad ½ c. 3 Bean Salad 1 slice Wheat Bread, 1 Pear 8 oz. 2% Milk	<b>7</b>	3 oz. Hot Roast Beef Sandwich 2 oz. Gravy ½ c. Garlic Mashed Potatoes ½ c. Brussels Sprouts 1.1 oz. Dinner Roll ½ c. Vanilla Ice Cream 8 oz. 2% Milk
<b>10</b>	3 oz. Beef Pepper Steak/Pepper /Onion, ½ c. Brown Rice ½ c. Oriental Mix (broccoli, carrots, corn, gr. beans, onion, snap peas, bamboo shoot, pepper) 1.1 oz. Dinner Roll Orange, 8 oz. 2% Milk	<b>11</b>	3 oz. Roast Pork 2 oz. Gravy ½ c. Sweet Potato & Apples ½ c. Harvard Beets 1 Slice Whole Wheat Bread ½ c. Rice Pudding 8 oz. 2% Milk	<b>12</b>	8 oz. Chicken Vegetable Soup Crackers 3 oz. Cheese Omelet ½ c. Roasted Potatoes, Peppers, Onions ½ c. Spinach 1 slice Wheat Bread 1 Peach, 8 oz. 2% Milk	<b>13</b>	8 oz. Cream of Broccoli Soup/Crackers Chicken Caesar Salad 1 c. Romaine Mix/3 oz. chicken ½ c. Pasta Salad/Parmesan Cheese 1 pack Italian Dressing/Croutons 1.1 oz. Dinner Roll Oatmeal cookies, 8 oz. 2% Milk	<b>14</b>	4 oz. Beef Cheeseburger 1.4 oz. Hamburger Roll Lettuce/Tomato ½ c. Buttered Corn ½ c. Italian Green Beans ½ c. Watermelon 8 oz. 2% Milk	
<b>17</b>	3 oz Sliced Ham /2oz. Pineapple Slice ½ c. Mashed Sweet Potatoes ½ c. Cabbage, 1 slice Wheat Bread 2.2 oz. Chocolate Chip Cookies or 4 oz. Choc Ice Cream 8 oz. 2% Milk	<b>18</b>	6 oz. Vegetable Soup/Crackers 3 oz. Beef Swedish Meatballs 2 oz. Gravy ½ c. Buttered Noodles ½ c. Broccoli 1 slice Wheat Bread Fresh Banana/8 oz. 2% Milk	<b>19</b>	3 oz. Riblet, 2oz. BBQ Sauce Sautéed Onions ½ c. Buttered Corn ½ c. Green Beans 1.4 oz. Roll Nectarine 8 oz. 2% Milk	<b>20</b>	8 oz Lentil Soup/Crackers 4 oz. Chicken Salad Hoagie with Lettuce and Tomato ½ c Carrot Raisin Salad ½ c. Watermelon 8 oz. 2% Milk	<b>21</b>	3 oz Roasted Turkey 2oz Gravy ½ c. Bread Stuffing ½ c. Glazed Carrots 1 slice Whole Wheat Bread ½ c. Tropical Fruit Salad (pineap- ple, papaya)/8 oz. 2% Milk	
<b>24</b>	3 oz. low sodium Beef Hot Dog 2 oz. Sauerkraut/½ c. Baked Beans ½ c. Green Beans 1.4 oz. Hot Dog Roll 1 Ketchup/Mustard Packet Fresh Peach 8 oz. 2% Milk	<b>25</b>	6 oz. Sweet and Sour Chicken w/ peppers and onions ½ c. Brown Rice ½ c. Japanese Vegetables 1.1 oz. Roll ½ c. Vanilla Pudding 8 oz. 2% Milk	<b>26</b>	8oz Escarole Soup/ Crackers ½ c. Tuna Salad ½ c. Potato Salad ½ c. Cucumber Salad 1 slice Wheat Bread Birthday Cake 8 oz. 2% Milk	<b>27</b>	Chef's Salad/Tomato and 3 oz. Ham Turkey, Egg and Cheese ½ c. Pasta Salad 1 slice Wheat Bread 2 T French Dressing ½ c. Pineapple 8 oz. 2% Milk	<b>28</b>	3 oz. Beef Meatballs ½ c. Cheese Ziti 2 oz. Marinara Sauce ½ c. Sautéed Spinach Parmesan Cheese 2 oz. Hoagie Roll 1 Pear, 8 oz. 2% Milk	
<b>31</b>	8 oz. Tomato Soup/ Crackers 3 oz. Beef Meatloaf 2 oz. Gravy ½ c. Mashed Potatoes ½ c. Beets 1 slice Wheat Bread Brownie/8 oz. 2% Milk									

# JULY 2023: SOCIAL SCHEDULE (all schedules subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Christmas Tree Shoppe 11:45am Exercise with Lewan, dining room 12:30pm Activity Committee, room 105	<b>4</b> <b>CENTER CLOSED                      in observance of                      FOURTH of JULY</b>	<b>5</b> Shoprite, Dollar Store 11:45am Exercise with Lewan, dining room 12:30pm Game Day with Mike R	<b>6</b> Shoprite, Dollar Store 11:30am Chrissie Bittner, RDN, LDN 12:30pm Activity Committee, dining room	<b>7</b> Walmart 11:45am Exercise with Lewan, dining room 12:30pm BINGO with Mike R
<b>10</b> Target 11:45am Exercise with Lewan, dining room 12:30pm Activity Committee, room 105	<b>11</b> Walmart 11:45am Exercise with Lewan, dining room 12:30pm Francis Hinshillwood the Entertainer	<b>12</b> Walmart 12:30pm Farmer Market Voucher	<b>13</b> AMISH Market 11:45am Exercise with Lewan, dining room 12:30pm BINGO with Mike R!	<b>14</b> Shoprite 11:30am Chrissie Bittner, RDN, LDN 12:30pm Francis Hinshillwood the Entertainer
<b>17</b> Lidl, Big Lots 12:30pm Farmers' Market Voucher distribution	<b>18</b> Aldi 11:30am Chrissie Bittner, RDN, LDN 12:30pm Veterans Affairs presented by Pat Jones	<b>19</b> Christmas Tree Shoppe 11:45am Exercise with Lewan, dining room 12:30pm Veterans Affairs presented by Pat Jones	<b>20</b> 11:45am Exercise with Lewan, dining room 12:30pm Farmers' Market Voucher distribution & BINGO with Mike R	<b>21</b> Amish 11:45am Exercise with Lewan, dining room 12:30pm Camden County Clerk presentation
<b>24</b> Aldi 11:45am Exercise with Lewan, dining room 12:30pm BINGO with Mike R	<b>25</b> Congressman Norcross's 6th Annual Constituent Services Fair at Camden County College, Blackwood 11:45am Chrissie Bittner, RDN LDN	<b>26</b> Ocean State Job Lot 11:45am Exercise with Lewan 12:30pm Farmer Market Voucher	<b>27</b> Target 12:30pm Awesome Keys (music) with Francis!	<b>28</b> Walmart 12:30pm BINGO!
<b>31</b> Target 11:45am Exercise with Lewan, dining room				