DC Office of Aging; Congregate Meal Services
July 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2) * Pizza * Green Salad * Broccoli * Banana * 6oz. Juice * 8oz. Milk ***Vegetarian Option*** ***** Vegetarian Pizza	3) * Barbeque Chicken * Potato Salad * Baked Beans *Cole Slaw * Roll w/ Margarine * Watermelon * 6oz. Juice * 8oz. Milk ***Vegetarian Option*** ***** Pasta Primavera	4) ***CLOSED*** ***HAPPY*** ***4TH*** ***OF JULY!!!***	5) *Beef Chili * Roasted Potatoes * Mixed Vegetables * Caesar Salad * Corn Bread * Orange * 8oz. Milk ***** 6oz. Juice ***Vegetarian Option*** * Tofu w/ Black Bean Sauce	6) * Lemon Pepper Chicken Tenders * Red Potatoes * Spinach * Green Salad * Roll w/ Margarine * Applesauce * 6oz. Juice * 8oz. Milk ***Vegetarian Option*** * Ravioli
9) * Baked Ziti w/ Beef * Green Salad * Green Peas * Roll w/ Margarine * Banana * 8oz. Milk * 6oz. Juice ***Vegetarian Option*** * Baked Ziti w/Vegetables	10) *Sausage Jambalaya * Brown Rice * Corn * Green Salad * Corn Bread * Apple * 6oz. Juice * 8oz. Milk ***Vegetarian Option*** * Tofu w/ Black Bean Sauce	11) * Chicken Salad Sandwich on W.W. * Lettuce & Tomato * White Bean Soup * Caesar Salad * Fruit Cocktail * 6oz. Juice * 8oz. Milk ***Vegetarian Option*** * Grilled Portobello Sandwich	12) * Pot Roast * Mashed Potatoes * Spinach * Green Salad * Roll w/ Margarine * Fruit Cocktail * 6oz. Juice * 8oz. Milk ***Vegetarian Option*** * Baked Zucchini with Cheese	13) * Oven Fried Chicken * Macaroni & Cheese * Carrots * Caesar Salad * Roll w/ Margarine * Diced Peaches * 6oz. Juice * 8oz. Milk ***Vegetarian Option*** ***** Stuffed Tomato
16) * Salisbury Steak W/ Gravy * Mashed Potatoes * Okra w/ Tomato * Green Salad * Apple * Roll W/ Margarine * 6oz. Juice * 8oz. Milk ***Vegetarian Option*** * Tofu w/Black BeanSauce	17) * Chicken Picatta * Greek Orzo Pasta * Mixed Vegetables * Green Salad * Tangerine * Roll W/ Margarine * 6oz. Juice * 8oz. Milk ***Vegetarian Option*** * Pesto Fettuccine Alfredo	18) * Ham Sandwich * White Bean Soup * Green Salad * 8oz. Milk * 6oz. Juice ***Vegetarian Option*** ***** Eggplant and Mozzarella Wrap ****Birthday Cake****	19) * Oven Fried Haddock * Whipped Sweet Potatoes * Spinach * Cole Slaw * Roll w/ Margarine * Orange * 6oz. Juice * 8oz. Milk ***Vegetarian Option*** ***** Grilled Eggplant	20) * Curry Chicken * Carrots * Rice * Caesar Salad * Roll w/ Margarine * Diced Pears * 6oz. Juice * 8oz. Milk ***Vegetarian Option*** * Tomato with Mozzarella
23) * Meatloaf W/ Gravy * Mashed Potatoes * Spinach * Green Salad * Roll W/ Margarine * Tangerine * 6oz. Juice * 8oz. Milk ***Vegetarian Option*** * Cheese Manicotti	24) * Roasted Turkey * Stuffing w/ gravy * Broccoli * Caesar Salad * Roll w/ Margarine * Orange * 6oz. Juice * 8oz. Milk ***Vegetarian Option*** ***** Stuffed Tomato	25) * Tuna Salad Sandwich on W.W. * Lettuce & Tomato * Vegetable Soup * Caesar Salad * Apple * 6oz. Juice * 8oz. Milk ***Vegetarian Option*** * Cheese Quessadilla	26) * Meatball Sub * Green Salad * Corn *Sliced Pears * 8oz. Milk * 6oz. Juice ***Vegetarian Option*** * Eggplant Parmesan	27) *Jamaican Jerk Chicken * Brown Rice * Peas * Caesar Salad * Banana * Roll W/ Margarine * 6oz. Juice * 8oz. Milk ***Vegetarian Option*** * Tofu w/ BlackBeanSauce
30) * Spaghetti W/ Meatballs * Mixed Vegetables * Green Salad * Roll W/ Margarine * Diced Peaches * 6 oz. Juice ***** 8 oz. milk ***Vegetarian Option*** * Spaghetti w/ Tomato Sauce	31) *Glazed Pork Loin * Whip Sweet Potatoes * Collard Greens * Caesar Salad *Roll W/ Margarine * Tangerine *6 oz. Juice *8 oz. milk ***Vegetarian Option*** *Tofu W/Black Bean Sauce			