



JULY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Goulash Spring Salad Garlic Knot Cookie	2 Chicken Fajitas Spanish Rice Sour Cream/Salsa Fruit Cocktail	3 Chili Dogs Onions Cheese Ice Cream	4 CLOSED	5 CLOSED
8 Cheeseburger Lettuce & Tomato Chips Tapioca Pudding	9 Swedish Meatballs over Egg Noodles Carrot Cake	10 Crispy Baked Tilapia Baked Potato, Mixed Vegetables, Tartar Sauce, Fresh Fruit	11 Chicken Stir Fry Steamed Rice Egg Roll Lemon Pudding	12 Veggie Soup Turkey Roll-Up
15 Ham Slice Mashed Potatoes w/Gravy, Pea Salad, Apple Pie	16 Cabbage Roll Casserole Green Beans Lemon Bars	17 Egg Salad Sandwich Pickled Beets, Baked Beans, Cottage Cheese w/Peaches	18 Homemade Lasagna Garlic Bread Mandarin Orange	19 Chef Salad Wheat Roll
22 Spaghetti w/Meat Sauce Caesar Salad Hot Bread Apple Sauce	23 Beef & Bean Burrito Lettuce & Tomato Garnish Sour Cream Butterscotch Pudding	24 Smothered Pork Chops Brown Rice Carrots Red Velvet Cake	25 Crispy Chicken Sandwich Lettuce & Tomato Potato Salad Brownie	26 Pork Stew Biscuit
29 Ham & Cheese Sliders French Fries Jell-O Cup	30 Taco Soup Tortilla Chips Salad Mango Pudding	31 Breakfast Casserole w/Gravy Banana Bread	Eating 21 meals this month in the dining room = \$52.50. Meals on Wheels delivery cost for all 21 meals this month = \$73.50. Please pre-pay for your meals. Thank you!	Please return your menu with the meals you would like no later than June 27th

Moffat County Senior Meal Program for meal reservations please call 824-3911 by 8:00A.M. *Meals are subject to change without notice.