



JULY 2018

To access ingredient content, call Senior Resources at 419-898-6459
 REHEATING MEALS: If the tray is still sealed, puncture a hole in section to vent. Heat for 1.5 to 2 minutes.
 Depending on your appliances power level.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Bacon & Cheese Burger <u>Alt: No Bacon</u> (lettuce/tomato/onion/pickles) Confetti Corn Pasta Salad Watermelon	3 Ham & Swiss Sandwich <u>Alt: Turkey & Swiss Sandwich</u> Roasted Red Pepper Soup Marinated Carrots Cinnamon Apples Crackers	4 All Senior Centers Closed No Home Delivered Meals 	5 Chicken Caesar Salad Vegetable Soup/Crackers Orange Wedges Breadstick	6 Macaroni & Cheese w/Ham <u>Alt: No Ham</u> Stewed Tomatoes Tossed Salad Tropical Fruit- Wheat Bread
9 Roast Turkey Mashed Potatoes w/Gravy California Blend Fresh Fruit Cup Wheat Roll	10 Chicken Tenders/Honey Mustard Potato Wedges Seven Layer Salad Mandarin Oranges Dinner Roll	11 Baked Ziti Malibu Blend Tossed Salad Strawberries Garlic Toast	12 Egg Salad Sandwich Tomato Slices Stuffed Pepper Soup Ambrosia Crackers	13 Mustard Glazed Beef Duchess Potatoes Glazed Carrots Raspberry Whip Wheat Roll
16 BBQ Pork Ribette Cheesy Potatoes Malibu Blend Vegetables Fruited Gelatin Wheat Roll	17 Italian Meatball Sub Potato Wedges Coleslaw Pineapple 	18 Senior Day at the Fair Hot Dog Chili w/Beans - Crackers Macaroni Salad Marinated Carrots Fruited Gelatin-Potato Chips Chocolate Chip Cookie	19 Grilled Chicken Sandwich (lettuce/tomato/onion) Potato Salad Pickled Beets Grapes	20 Turkey & Cheese Sandwich Potato Soup/Crackers Broccoli Raisin Salad Mixed Melon
23 Baked Ham <u>Alt: Baked Chicken</u> Seasoned Beans Brussels Sprouts Pears - Cornbread	24 Pork Chop w/ Gravy O'Brien Potatoes Creamed Spinach Pineapple Wheat Roll	25 Sloppy Joes Potato Salad Bacon Ranch Pea Salad Strawberries <i>Oak Harbor/Genoa Bday</i>	26 Chicken & Noodles Broccoli Betty's Salad Berry Applesauce Dinner Roll <i>Elmore/Port Clinton Bday</i>	27 BBQ Chicken Breast Baked Beans Macaroni Salad Broccoli Raisin Salad Mixed Melon-Wheat Bread <i>Danbury/HDM Bday</i>
30 Teriyaki Chicken over Rice Glazed Sugar Snap Peas Vegetable Egg Roll Tropical Fruit	31 Ham & Sweet Potato Casserole <u>Alt: Baked Chicken</u> Cauliflower - Fruit Compote Corn Muffin	