



RVCOG FOOD & FRIENDS

J U L Y



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 Independence Day Special	4
A suggested minimum donation is requested from seniors 60 & older. Non-seniors must pay full cost of the meal. 1% milk served with all meals.	Tuna Salad Sandwich Wheat Bread (2 slices) Shredded Lettuce Creamy Cucumber Salad Pickled Beets Joy's Applesauce Cookie	Chicken Breast w/ Chili & Lime Sauce Spanish Rice Pinto Beans Cilantro Coleslaw Lemon Cookie	Polish (Pork) Sausage w/ Sauerkraut & Yellow Mustard Chuckwagon Corn Ranch Beans Hot Dog Bun Frosted Marble Cake	Closed
7	8	9 Birthday Special	10	11
Coconut Curry Chicken Jasmine Rice Sliced Carrots Green Peas Snickerdoodle Bar	Sloppy Joe Baked Beans Mixed Vegetables WG Hamburger Bun Lime Whip	Meatloaf w/ Brown Gravy Whipped Potatoes California Vegetables Multigrain Roll Chocolate Cake	Chicken Caesar Mini Salad over Spinach Romaine Creamy Coleslaw Rye Bran Roll Fresh Banana	Roast Pork w/ Pork Gravy Delmonico Potatoes Spinach Oat Bran Wheat Roll Applesauce
14	15	16	17	18
Mexican Pasta Bake Whole Kernel Corn Carrot & Pineapple Salad Multigrain Roll Brownie	German Meatballs w/ German Meatball Sauce WG Penne Pasta Cucumber & Red Onion Salad Glazed Carrots Peanut Butter Cookie	Vegetable Lasagna Spinach Broccoli Romaine Iceberg Salad Oat Bran Wheat Roll Fresh Orange	Homestyle Turkey Patty w/ Poultry Gravy Garlic Whipped Potatoes Green Bean w/Red Peppers Rye Bran Roll Tapioca Pudding	Chicken Stir Fry Brown Rice Broccoli Asian Coleslaw Almond Cookie
21	22	23	24 Birthday Special	25
Caribbean Chicken California Vegetables Marinated Broccoli Salad (Bacon) French Roll Pineapple Nut Cookie	Cheese Omelet w/ Cheese Sauce Oven Roasted Potatoes Spinach Squash Bread Hermit Bar	✓ Egg Salad Sandwich Shredded Lettuce Kidney Bean Salad Apple Cranberry Coleslaw Wheat Bread (2 slices) Peaches	Meatloaf w/ Brown Gravy Whipped Potatoes Peas & Carrots Onion Bread Grace's Choc Bar	Spaghetti & Meat Sauce Italian Vegetables Spinach Romaine Salad Garlic Roll Seasonal Fruit FF Italian Dressing
28	29 Taco Tuesday Special	30	31	
Chicken Penne Pasta Sliced Carrots Broccoli Garlic Bread Vanilla Pudding	Chicken Taco Shredded Cheese Lettuce & Tomato Black Beans Chuckwagon Corn Flour Tortilla Snickerdoodle Bar Picante Sauce	Swiss Style Patty w/ Swiss Steak Sauce Whipped Potatoes Mixed Vegetables Oat Bran Wheat Roll Lemon Blondie	Roast Pork w/ Apple Chutney Sauce Sweet Potatoes Spinach Seven Grain Bread Orange Whip	ALLERGEN DISCLAIMER: This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.

denotes vegetarian option ✓

New! denotes new item