

**VALENCIA COUNTY OLDER AMERICAN PROGRAM
MONTHLY MENU – July 2014**

MONDAY	TUESDAY	WEDNESDAY	Thursday	FRIDAY
	1	2	3	4
	Cole Slaw Green Chile Cheese Burger/Fries Lettuce/Tomato/Onion Fruit / Milk Independence Day Party!!	Green Pea/Cheese Salad Chicken Tacos Lettuce/Tomato Squash Medley Refried beans Fruit/Milk	Cucumber Salad Turkey Salad Sandwich Lettuce/Tomato Chips Fruit/Milk	CLOSED HAPPY 4TH!!!
7	8	9	10	11
Pasta Salad Beef Tips/Mushroom Carrots Rice/Crackers Fruit/Milk	Zucchini Salad Beef Tacos Lettuce/Tomato Refried Beans Fruit/Milk	Tomato/Onion Salad Pork Carnitas Red Chile Squash Medley Spanish Rice/Tortilla Fruit/Milk	Carrot Salad Ground Beef Steak W/Onions Green Beans Mashed Potatoes/Roll Fruit/Milk	Salad Chicken Breast Sandwich Broccoli Chips Fruit/Milk
14	15	16	17	18
Cole Slaw Sloppy Joes Onions/Jalapenos Potatoes Fruit/Milk	Salad Baked Ham W/Pineapple Green Beans Sweet Potato/Roll Fruit/Milk	Salad Chicken Strips Vegetable Medley Mac & Cheese Fruit/Milk	Cole Slaw BBQ Pork Onions/Jalapenos Tators Fruit/Milk	Beet Salad Tuna Salad sandwich Carrot Sticks Macaroni Salad Fruit/Milk
21	22	23	24	25
Green Bean/Tomato Salad Beef Stew Rice/Crackers Fruit/Milk	Zucchini Salad Beef Tacos Lettuce/Tomatoes Refried beans Fruit/Milk	Tomato & Onion Salad Hot Turkey Sandwich Brussels Sprouts Mashed Potatoes Fruit/Milk	Cole Slaw Chili Cheese Dog Chuck Wagon Mix Potato Chips Fruit/Milk	Carrot Salad Roast Pork Broccoli Scalloped Potatoes/Roll Fruit/Milk
28	29	30	31	
Salad Spaghetti W/Marinara Italian Vegetables Garlic Bread Fruit/Milk	Cole Slaw Polish Sausage Ranch Beans Onions/Peppers/Sauerkraut Fruit/Milk	BF Potluck/ Birthday Party With Fiddlers & Musicians Of NM	Mandarin Orange Salad Asian Chicken Oriental Vegetables Rice/Crackers Fruit/Milk	