



Area Agency on Aging
of Broward County

MENU FOR THE MONTH

Elder  Affairs
FLORIDA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 1	July 2	July 3	July 4	July 5
(3) 1 oz Meatballs w/ Brown Gravy ½ c Brown Rice Pilaf ½ c Mixed Vegetables 2 SL WG Bread w/Margarine cup ½ c Fruit Cup 8 oz 1% LF Milk 4 oz. Blended Juice	4 oz Breaded Fish Filet ½ c. Tomatoes & Okra ½ c. Polenta w/ cheese 2 SL WG Bread w/margarine cup 1 Pk Tarter Sauce ½ c Fresh Fruit 8 oz 1% LF Milk 4 oz. Blended Juice	3 oz Turkey Meatloaf w/ 1 oz gravy ½ c Mashed Sweet Potatoes ½ c Green Beans 2 SL WG Bread w/margarine Cup ½ c. Fruit Cup 8 oz 1% LF Milk 4 oz. Blended Juice	CLOSED	4 oz. Chicken Salad 1 cup Tossed Salad ½ c. Three Bean Salad 2 SL WG Bread 1 Pk Salad Dressing ½ c. Fresh Fruit 8 oz 1% LF Milk 4 oz. Blended Juice
July 8	July 9	July 10	July 11	July 12
Vegetable Stir-Fry w/3oz Chicken ½ c Brown Rice ½ c Steamed Broccoli 2 SL WG Bread w/Margarine Cup ½ c Fruit Cup 8 oz 1% LF Milk 4 oz Blended Juice	3 oz Baked Chicken Parmigiana ½ c Mixed Vegetables ½ c spaghetti w/ marinara sauce 2 SL WG Bread w/margarine Cup ½ c Fresh Fruit 8 oz 1% LF Milk 4 oz Blended Juice	3 oz Salisbury Steak w/ gravy ½ c Garlic Mashed Potatoes ½ c Peas & Carrots 2 SL WG Bread w/Margarine Cup ½ c Fruit Cup 8 oz 1% LF Milk 4 oz Blended Juice	3 oz BBQ Chicken Thigh ½ c Collard Greens ½ c Roasted Red Potatoes 2 SL WG Bread w/Margarine Cup ½ c Fruit Cup 8 oz 1% LF Milk 4 oz Blended Juice	4 oz Egg Salad over 1 c Lettuce & Tomato Salad ½ c Broccoli Salad 2 Slice WG Bread ½ c Fresh Fruit 8 oz 1% LF Milk 4 oz Blended Juice
July 15	July 16	July 17	July 18	July 19
Beef Bourguignon (4oz beef, 2 oz mushrooms & carrots w/ brown sauce) ½ c. Red Potato Wedge ½ c. Green Peas 2 SL WG Bread w/Margarine Cup ½ c. Fresh Fruit 8 oz 1% LF Milk 4 oz Blended Juice	3 oz Baked Salmon ½ c Mashed Sweet Potatoes ½ c Sautéed Spinach 2 SL WG Bread w/margarine Cup ½ c Fresh Fruit 8 oz 1% LF Milk 4 oz Blended Juice	3 oz Chicken Cacciatore ½ c Diced Potatoes ½ c Mixed Vegetables 2 SL WG Bread w/margarine ½ c Fruit Cup 8 oz 1% LF Milk 4 oz Blended Juice	4 oz Picadillo Plantains (4 pieces) ½ c White Rice ½ c Black Beans 2 SL WG Bread w/margarine ½ c Fruit Cup 8 oz 1% LF Milk 4 oz Blended Juice	4 oz. Tuna Salad 1 c Tossed Salad ½ c Three Bean Salad 2 SL WG Bread ½ c. Fresh Fruit 8 oz 1% LF Milk 4 oz. Blended Juice
July 22	July 23	July 24	July 25	July 26
6 oz Cheese Ravioli in Alfredo Sauce 1/2c Creamed Spinach 2 SL WG Bread w/Margarine Cup 1/2 c Fruit Cup 4 oz Blended Juice 8 oz LF 1% Milk	8 oz Eggplant Parmesan (2oz Marinara, 4 oz Eggplant, 2 oz Cheese) 2 SL WG Bread w/margarine ½ c Fresh Fruit 4 oz Blended Juice 8 oz LF 1% Milk	6oz. Mac & Cheese w/ 2 oz. Diced Chicken on top ½ c Parslied Carrots ½ c Peas 2 SL WG Bread w/ margarine ½ c Fruit Cup 8 oz 1% LF Milk 4 oz Blended Juice	3 oz Sweet & Sour Chicken ½ c White Rice 1 c Asian Blend Vegetables 2 SL WG Bread w/margarine ½ c Fruit Cup 8 oz 1% LF Milk 4 oz Blended Juice	4 oz Egg Salad over 1 c Lettuce & Tomato Salad ½ c Broccoli Salad 2 Slice WG Bread ½ c Fresh Fruit 8 oz 1% LF Milk 4 oz Blended Juice
July 29	July 30	July 31	August 1	August 2
(3) 1 oz Meatballs w/ Brown Gravy ½ c Brown Rice Pilaf ½ c Mixed Vegetables 2 SL WG Bread w/Margarine cup ½ c Fruit Cup 8 oz 1% LF Milk 4 oz. Blended Juice	4 oz Breaded Fish Filet ½ c. Tomatoes & Okra ½ c. Polenta w/ cheese 2 SL WG Bread w/margarine cup 1 Pk Tarter Sauce ½ c Fresh Fruit 8 oz 1% LF Milk 4 oz. Blended Juice	3 oz Turkey Meatloaf w/ 1 oz gravy ½ c Mashed Sweet Potatoes ½ c Green Beans 2 SL WG Bread w/margarine Cup ½ c. Fruit Cup 8 oz 1% LF Milk 4 oz. Blended Juice	3 oz. Lemon Baked Chicken ½ c Brown Rice ½ c Carrots 2 SL WG Bread w/ Margarine Cup ½ c. Fruit Cup 8 oz 1% LF Milk 4 oz. Blended Juice	4 oz. Chicken Salad 1 cup Tossed Salad ½ c. Three Bean Salad 2 SL WG Bread 1 Pk Salad Dressing ½ c. Fresh Fruit 8 oz 1% LF Milk 4 oz. Blended Juice
Approved by: Alex Frizzelle RD/LDN	Alex Frizzelle			