


July 2022 Congregate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Caesar Salad Dinner Roll Seasonal Fruit
4  CLOSED	5 Southwest Chicken Salad Black Beans & Corn Tomatoes Seasonal Fruit	6 Baked Ham Pineapple Sauce Potato Au gratin French Cut Green Beans Seasonal Fruit	7 Sliced Turkey & Gravy Mashed Potatoes Mixed Vegetables Seasonal Fruit	8 Tuna Salad Sandwich Coleslaw Chips Seasonal Fruit
11 Chicken Marsala Rice Pilaf Steamed Brussels Sprouts Seasonal Fruit	12 Country Fried Steak Mashed Potatoes Mixed Vegetables Seasonal Fruit	13 <u>FAMILY DAY</u> NO SODEXO LUNCH	14 Chicken Fajitas With Onions & Peppers Spanish Rice Beans Seasonal Fruit	15 Chef's Salad Hard Boiled Egg Tomatoes Chips Seasonal Fruit
18 Teriyaki Chicken Brown Rice Asian Vegetables Seasonal Fruit	19 Farmer's Pot Roast Steamed Rice Carrots Seasonal Fruit	20 Baked Herbed Pork Chop Scalloped Potatoes Steamed Spinach Seasonal Fruit	21 Meat Lasagna Steamed Broccoli Seasonal Fruit	22 Hamburger Potato Wedges Coleslaw Seasonal Fruit
25 Salisbury Steak Mashed Potatoes Capri Mixed Vegetables Seasonal Fruit	26 Chicken Piccata Biscuit Steamed Green Beans Seasonal Fruit	27 Pulled Pork Roasted Potatoes Green Peas Seasonal Fruit	28 Chicken Alfredo Pasta Steamed Broccoli Seasonal Fruit	29 Mandarin Asian Salad with Chicken Chow Mein Noodles Seasonal Fruit

Milk, bread and margarine served at every meal

Menus may be subject to change

If you have any questions regarding the meal or service, please contact **Sodexo at 951-877-5950**.

If you have any questions for our Registered Dietitian, please contact Vanh Bender at Vanh@healthylivingconsulting.net.

Congregate Site Reservations may be made at Sodexo's Office: 951-877-5950 by 1:30 pm the business day before

Good Hope 951-943-9126
Mead Valley 951-210-1587
Stratton 951-826-5355

Janet Goeske 951-351-8801
Murrieta 951-461-6122
Temecula 951-694-6464

Lake Elsinore 951-674-2526
Norco 951-270-5647
Villegas 951-351-6142



All Meals Funded By Office On Aging 1-877-932-4100