**Melrose – L&M Cafe – Senior Congregate Meal Site – July 2024 Menu**

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| **Mon 1**Broasted ChickenMashed PotatoesBroccoliGelatin w/Fruit | **Tue 2** Salmon LoafCream PotatoesPeasPeaches | **Wed 3**Beef Stew w/Peas,Potatoes, Carrots,Rutabagas, CeleryOver Biscuit Apple | **Thu 4****Happy 4th of July****No Senior Meals****ADRC Office Closed** | **Fri 5 HDM Only**Ham on BunPotato RoundsCarrotsBanana |
| **Mon 8**Chicken Noodle Hotdish with PeasAnd CarrotsGelatin w/Fruit | **Tue 9** MeatloafScalloped PotatoesStewed TomatoesPears | **Wed 10**Roast BeefMashed PotatoesBroccoliPineapple | **Thu 11**Fish Mixed FruitBoiled Potatoes3 Bean SaladCalif. Blend Veg | **Fri 12 HDM Only**Roast BeefMashed PotatoesCarrots½ Grapefruit |
| **Mon 15**Broasted ChickenMashed PotatoesBroccoliGelatin w/Fruit | **Tue 16** SausageScrambled EggsPotato PancakeTomato JuiceApplesauce | **Wed 17** Roast PorkMashed PotatoesCooked CabbageMandarin Oranges | **Thu 18**FishCream PotatoesBeets Mixed Fruit3 Bean Salad | **Fri 19 HDM Only**Hamburger on BunAmerican FriesCarrotsApple |
| **Mon 22**Chicken Stir withOriental Blend VegOver RiceGelatin w/Fruit | **Tue 23**Liver & OnionsMashed PotatoesCornApple | **Wed 24** Ring BolognaCream PotatoesPeasPeaches | **Thu 25**FishBaked PotatoSquash ColeslawMandarin Oranges | **Fri 26 HDM Only**Egg Salad SandwichPotato SaladSpinach SaladBanana |
| **Mon 29**Broasted ChickenMashed PotatoCountry Blend VegGelatin w/Fruit | **Tue 30**Spaghetti w/Meat& Tomato SauceWax Beans PearsGarlic Toast | **Wed 31** BratAmerican FriesBaked BeansApplesauce | ***\*\*All Menus are subject to change.\*\**** | ***Milk is served with every meal & is part of the daily required nutrition plan.*** |