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

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| **Mon 1**  Broasted Chicken  Mashed Potatoes  Broccoli  Gelatin w/Fruit | **Tue 2**  Salmon Loaf  Cream Potatoes  Peas  Peaches | **Wed 3**  Beef Stew w/Peas,  Potatoes, Carrots,  Rutabagas, Celery  Over Biscuit Apple | **Thu 4**  **Happy 4th of July**  **No Senior Meals**  **ADRC Office Closed** | **Fri 5 HDM Only**  Ham on Bun  Potato Rounds  Carrots  Banana |
| **Mon 8**  Chicken Noodle Hotdish with Peas  And Carrots  Gelatin w/Fruit | **Tue 9**  Meatloaf  Scalloped Potatoes  Stewed Tomatoes  Pears | **Wed 10**  Roast Beef  Mashed Potatoes  Broccoli  Pineapple | **Thu 11**  Fish Mixed Fruit  Boiled Potatoes  3 Bean Salad  Calif. Blend Veg | **Fri 12 HDM Only**  Roast Beef  Mashed Potatoes  Carrots  ½ Grapefruit |
| **Mon 15**  Broasted Chicken  Mashed Potatoes  Broccoli  Gelatin w/Fruit | **Tue 16** Sausage  Scrambled Eggs  Potato Pancake  Tomato Juice  Applesauce | **Wed 17**  Roast Pork  Mashed Potatoes  Cooked Cabbage  Mandarin Oranges | **Thu 18**  Fish  Cream Potatoes  Beets Mixed Fruit  3 Bean Salad | **Fri 19 HDM Only**  Hamburger on Bun  American Fries  Carrots  Apple |
| **Mon 22**  Chicken Stir with  Oriental Blend Veg  Over Rice  Gelatin w/Fruit | **Tue 23**  Liver & Onions  Mashed Potatoes  Corn  Apple | **Wed 24**  Ring Bologna  Cream Potatoes  Peas  Peaches | **Thu 25**  Fish  Baked Potato  Squash Coleslaw  Mandarin Oranges | **Fri 26 HDM Only**  Egg Salad Sandwich  Potato Salad  Spinach Salad  Banana |
| **Mon 29**  Broasted Chicken  Mashed Potato  Country Blend Veg  Gelatin w/Fruit | **Tue 30**  Spaghetti w/Meat  & Tomato Sauce  Wax Beans Pears  Garlic Toast | **Wed 31**  Brat  American Fries  Baked Beans  Applesauce | ***\*\*All Menus are subject to change.\*\**** | ***Milk is served with every meal & is part of the daily required nutrition plan.*** |