




# July 2026



Mon	Tue	Wed	Thu	Fri
<p>All meals meet RDI regulations. Each day a bread group item, butter and milk will be served. Rich desserts, rice and gravies are optional to each participant. No salt or margarine added to vegetables and meats unless specified. All instant potatoes and breads have some salt, margarine and sugar. Please use the suggestion box to express your opinion of the daily meals.</p>		<p>1 <b>Chicken Salad on Croissant Lettuce, Tomatoes, Onion, Pickles, Potato tots, Carrots, Peaches, 2% milk</b></p>	<p>2 <b>White Beans, onions, Cornbread, hashbrown, Applesauce, Mixed Greens, 2% Milk</b></p>	<p>3 <b>CENTERS CLOSED</b></p> 
<p>6 <b>Vegetable Beef Soup, Peanut Butter Sandwich, Broccoli, Oranges, 2% Milk</b></p>	<p>7 <b>Cheese Lasagna Roll Up w/ Marinara, Salad w/lettuce, tomato, onion, Garlic Breadstick, Pineapples, 2% Milk</b></p>	<p>8 <b>Hot Dog with Chili, Cole Slaw, Onions, Baked Beans, Tator tots, Fruit Cocktail, 2% Milk</b></p>	<p>9 <b>Chicken Sandwich on WW Bun, sweet potato fries, Pears, Carrots, 2% milk</b></p>	<p>10 <b>Great Northern Beans, onions, Cornbread, hashbrowns, Applesauce, Mixed Greens, 2% Milk</b></p>
<p>13 <b>Scrambled Eggs, Hash Browns, Biscuit, Sausage Gravy, Cinnamon Apples, stewed tomatoes, 2 % Milk</b></p>	<p>14 <b>Taco Salad, Chips, Meat, Lettuce, Cheese, Tomatoes, Onions, corn Pineapples, 2</b></p>	<p>15 <b>Chicken Noodle Soup WW Bread/Peanut Butter, carrots, Peas, Pears, 2% Milk</b></p>	<p>16 <b>Baked Fish, Broccoli, Green Beans, Oranges, WW roll, Pudding 2% Milk</b></p>	<p>17 <b>Pinto Beans with onions, Cornbread, Potatoes, Mixed Greens, Applesauce, 2% Milk</b></p>
<p>20 <b>Chicken Tenders, sweet potato fries, Broccoli, oranges, WW Bread, 2% milk</b></p>	<p>21 <b>Spaghetti, Meatballs, Garden Salad, Garlic Breadstick, Applesauce, 2% Milk</b></p>	<p>22 <b><u>FESTIVE MEAL</u></b> <b>Meatloaf with gravy</b> Potatoes, Green Beans, WW Roll, fruit pie, 2% Milk</p>	<p>23 <b>Smoked Sausage with Sauerkraut, Fruit Cocktail, corn, WW Roll , 2% Milk</b></p>	<p>24 <b>Tuna Salad on Croissant Lettuce, Tomatoes, Onion, Pickles, Potato tots, Carrots, Peaches, 2% milk</b></p>
<p>27 <b>Fish Sticks, green beans, Corn, Oranges, WW roll, Pudding 2% Milk</b></p>	<p>28 <b>Pork BBQ Sandwich, Baked Beans, Cole slaw, Potato Salad, Pears, Cookie, 2% milk</b></p>	<p>29 <b>Chicken Alfredo, Broccoli , Garden Salad with lettuce, tomato, Garlic Breadstick, fruit</b></p>	<p>30 <b>Cheeseburgers w/ Lettuce, Tomato, onion, Pickles, Tater rounds, Green Beans, Pineapples, 2% Milk</b></p>	<p>31 <b>Navy Beans, Hashbrown, Cornbread , Applesauce, Sauer Kraut, Onions, 2% Milk</b></p>

Summersville • Craigsville • Nettie • Richwood