


| Senior Meals<br>and<br>Services  | Noon Meal Calendar<br>For Espresso Café - Cando<br>Call 968-3809 The Day Prior for Reservation                          |   |   | Month<br>of<br>July 2025   |
|--|---|---|---|--|
| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|  | Vegetable Egg Roll 1<br>Chicken Stir Fry<br>Brown Rice Pilaf<br>Oriental Mixed Veggies<br>Orange & Pineapple<br>Gelatin | Tortilla Chips 2<br>Beef Taco Salad<br>Chicken Tortilla Soup<br>Fruit/Sauce           | 3   | CLOSED 4<br>      |
| Bread 7<br>Chicken Kiev<br>O'Brien Potatoes<br>Green Beans<br>Pears  | Bread 8<br>Pork Chops in Mushroom<br>Sauce<br>Seasoned Egg Noodles<br>Lemon Asparagus<br>Apple Crisp                    | 9<br>LS = low sodium<br>Salad: tossed, fruit,<br>coleslaw, potato,<br>macaroni w/peas | 10  | Bun 11<br>Cheeseburger<br>Lettuce/Tomato/Onion<br>Potato Salad<br>Orange                             |
| Bread 14<br>Salmon Loaf<br>Roasted Red Potatoes<br>Mixed Vegetables<br>Berry Crisp   | Bread 15<br>Beef Cabbage Rice<br>Casserole<br>Cheesy Broccoli<br>Cantaloupe   | 16<br>Menus subject to change<br>upon availability                                    | 17  | Bread 18<br>Hawaiian Chicken<br>Wild Rice Pilaf<br>Pacific Blend Veggies<br>Watermelon               |
| Croissant 21<br>Chicken/Fruit Salad<br>Sandwich<br>Cucumber Salad<br>Tropical Fruit  | Garlic Toast 22<br>Garlic Shrimp<br>Angel Hair Pasta<br>Capri Blend Veggies<br>Strawberry Applesauce                    | 23  | 24  | Cornbread 25<br>Turkey & Dressing<br>Mashed Potatoes/Gravy<br>Green Bean Casserole<br>Banana Pudding |
| Roll 28<br>French Dip<br>Sweet Potato Fries<br>Coleslaw<br>Pinapple  | Dinner Roll 29<br>Parmesan Chicken<br>Buttered Spaghetti<br>Seasoned Broccoli<br>Fruit Salad                            | 30  | 1   | Breadstick 2<br>Chef Salad<br>Ham/Turkey/Roast Beef<br>Egg/Cheese/Dressing<br>Mandarin Oranges       |
| Older Americans Act federal regulations require individuals 60 and older to complete an annual registration in order to participate in the Congregate Meals Program, or a semi-annual registration to participate in the Home-Delivered Meals Program. You will be notified when it is time to update. |   |   | Age 60 and over: Suggested Contribution<br>Congregate and Home Delivered Meals Is \$5.00. Contribute as you are able.<br>Those under 60 or who do not complete a registration form must pay \$14.79 per meal. |  |