

Area Agency on Aging Region X Menu Plan

Monday		Tuesday		Wednesday		Thursday		Friday	
Hot Dog w/ chili & cheese	1-Jul	Stuffed Peppers	2-Jul	Biscuits and Gravy	3-Jul	Closed for the Holiday	4-Jul	Chicken Alfredo w/ Linguini	5-Jul
Wheat Bun		Zucchini and Tomatoes		Sausage				Broccoli	
French Fries		Mexican Corn		Scrambled Eggs				Garlic Bread	
Coleslaw		Wheat Hot Rolls		Hashbrown Casserole				Dark Green Leafy Salad	
Brownie		Peaches		Apple Juice				Sliced Pears	
Coffee/Tea/Milk		Coffee/Tea/Milk		Coffee/Tea/Milk				Coffee/Tea/Milk	
Chicken Salad Sand. w/ Celery & Onion	8-Jul	Taco Salad meal cheese beans	9-Jul	Chicken Tenders	10-Jul	Meatloaf w/ Ketchup	11-Jul	Cook's Choice	12-Jul
on Sliced Wheat Bread		Lettuce & Tomatoes		Baked Potato w/ sour cream		Mashed Potatoes w/ Gravy			
Cucumber, Tomato and Onion Salad		Pineapple		California Blend		Carrots			
Potato Salad		Tostitos		Wheat Roll		Apricots			
Jello Fluff		Pudding		Apple Crisp		Wheat Roll			
Coffee/Tea/Milk		Coffee/Tea Milk		Coffee/Tea/Milk		Coffee/Tea/Milk			
Fried Fish Fillet Sandwich	15-Jul	Cornbread Pork Cutlet w/ peppered gravy	16-Jul	Chicken and Stuffing Casserole	17-Jul	Oven Fried Chicken	18-Jul	Cheeseburger w/ Bun	19-Jul
Buttered Corn		Mashed Potatoes		Roasted Potatoes		Mashed Potatoes & Gravy		Lettuce, Tomato, Onion, Pickle	
Spinach		Buttered Carrots		California Blend Vegetables		Peas & Carrots		Potato Wedges	
Wheat Bread		Wheat Roll		Warm Spiced Pineapple		Wheat roll		Broccoli Salad	
Tropical Fruit		Applesauce		Wheat Roll		Birthday Cake w/ fruit		Apple Salad	
Coffee/Tea/Milk		Coffee/Tea/Milk		Coffee/Tea/Milk		Coffee/Tea/Milk		Coffee/Tea/Milk	
Goulash w/ Tomatoes and Onion	21-Jul	Sweet and Sour Chicken	22-Jul	Beef Enchiladas	23-Jul	Baked Ham	24-Jul	Cook's Choice	25-Jul
Green Beans		Fried Rice		Lettuce, Tomatoes, and Onion		Sweet Potatoes			
Dark Leafy Green Salad		Oriental Vegetables		Refried Beans		Green Bean Casserole			
Wheat Roll		Egg Roll		Spanish Rice		Wheat Roll			
Pound Cake w/ Strawberries		Mandarin Oranges/Fortune Cookie		Pineapple		Cinnamon Rolls			
Coffee/Tea/Milk		Coffee/Tea/Milk		Coffee/Tea/Milk		Coffee/Tea/Milk			
Spagetti w/ Meat Sauce	28-Jul	Chef Salad w/ Egg Cheese	29-Jul	Chicken Fried Steak/ white gravy	30-Jul	Polish Sausage On Bun	31-Jul		
Dark Green Leafy Salad		Tomatoes, Cucumber, Onion		Mashed Potatoes		Sauerkraut			
Pears		1/2 Ham Sandwich		Broccoli		3 Beans Salad			
Garlic Rolls		Tropical Fruit		Wheat Roll		Mandarin Oranges			
Cake		Rosie Apple Sauce		Spiced Pineapple warm		Brownies			
Coffee/Tea/Milk		Coffee/Tea/Milk		Coffee/Tea/Milk		Coffee/Tea/Milk			

The Center
 303 N. Main Street
 P.O. Box 86
 Carl Junction, MO 64834
 (417) 649-6437