

## PRINCE GEORGE'S COUNTY SENIOR NUTRITION PROGRAM

### JULY 2008

Monday	Tuesday	Wednesday	Thursday	Friday
7/07/08	7/08/08	7/09/08	7/10/08	7/11/08
ORANGE JUICE BAKED PORK CHOPS WITH GRAVY MASHED POTATOES GREEN PEAS RYE BREAD W/MARGARINE STEWED APPLES SKIM MILK COFFEE OR TEA	TOMATO SOUP TURKEY SALAD W/ LETTUCE, TOMATO & ONION LOWFAT ITALIAN DRESSING FOUR BEAN SALAD OATMEAL BREAD W/MARGARINE FRUIT COCKTAIL SKIM MILK COFFEE OR TEA	GRAPE JUICE BAKED TILAPIA FISH WITH CREAMY DILL SAUCE HOME FRIED POTATOES GREEN BEANS PUMPERNICKLE BREAD WITH MARGARINE SLICED WATERMELON SKIM MILK COFFEE OR TEA	CRAN-APPLE JUICE BAKED CHICKEN WITH GRAVY PINTO BEANS CHOPPED SPINACH WHEAT BREAD WITH MARGARINE RED JELLO WITH FRUIT SKIM MILK COFFEE OR TEA	ORANGE JUICE MEATBALLS (6 EA.) WITH TOMATO SAUCE SPINACH SPAGHETTI CALIFORNIA BLEND VEG. ITALIAN BREAD W/MARG. CANNED PEACHES SKIM MILK COFFEE OR TEA
7/14/08	7/15/08	7/16/08	7/17/08	7/18/08
VEGETABLE SOUP WITH CRACKERS BAR-B-QUE CHICKEN ON A BUN COLE SLAW BAKED BEANS BROWNIE SKIM MILK COFFEE OR TEA	ORANGE JUICE MEATLOAF WITH MUSHROOM GRAVY SWEET POTATOES BROCCOLI DINNER ROLL W/MARGARINE FRESH FRUIT PLUMS SKIM MILK COFFEE OR TEA	GRAPE JUICE BAKED CHICKEN W/GRAVY CORNBREAD STUFFING CORN, OKRA & TOMATOES ITALIAN BREAD WITH MARG. PEACH SUPREME SKIM MILK COFFEE OR TEA	LS CREAMY BROCCOLI SOUP WITH CRACKERS TUNA SALAD PASTA SALAD BAG OF POPCORN WHEAT BREAD WITH MARGARINE SLICED MELON SKIM MILK COFFEE OR TEA	CRAN-APPLE JUICE SLICED TURKEY WITH GRAVY BLACK BEANS MIXED GREENS WHEAT BREAD WITH MARGARINE SLICED PEARS SKIM MILK COFFEE OR TEA
7/21/08	7/22/08	7/23/08	7/24/08	7/25/08
NAVY BEAN SOUP HAMBURGER ON A BUN WITH MUSTARD & RELISH CORN & PEAS COLE SLAW FRESH FRUIT MELON SKIM MILK COFFEE OR TEA	GRAPE JUICE OVEN FRIED CHICKEN POTATO SALAD MIXED VEGETABLES RYE BREAD WITH MARG. FRESH FRUIT PLUMS SKIM MILK COFFEE OR TEA	MINESTRONE SOUP SEAFOOD PASTA SALAD LETTUCE & TOMATO SALAD W/FRENCH DRESSING BAG OF PRETZELS WHEAT BREAD WITH MARG. FRESH FRUIT APPLE SKIM MILK COFFEE OR TEA	ORANGE JUICE ROAST BEEF W/GRAVY MASHED POTATOES BRUSSEL SPROUTS CORN MUFFIN W/MARG. PEACHES & PEARS SKIM MILK COFFEE OR TEA	CRAN-APPLE JUICE VEGETABLE LASAGNE CHOPPED SPINACH SUCCOTASH ITALIAN BEAD W/MARG. COCONUT CAKE SKIM MILK COFFEE OR TEA
7/28/08	7/29/08	7/30/08	7/31/08	8/01/08
BROCCOLI SOUP STUFFED CABBAGE W/RED SAUCE DICED CARROTS WHOLE BOILED POTATOES BRAN MUFFIN W/MARG. PINEAPPLE TIDBITS SKIM MILK COFFEE OR TEA	APPLE JUICE SWEDISH MEATBALLS WITH GRAVY WIDE EGG NOODLES OKRA & TOMATOES DINNER ROLL W/MARG. TROPICAL APPLESAUCE SKIM MILK COFFEE OR TEA	ORANGE JUICE BAKED WILD SALMON WITH LEMON BUTTER & WILD RICE MIXED VEGETABLES MULTI-GRAIN ROLL W/MARG. SWEET CHERRIES SKIM MILK COFFEE OR TEA	TOMATO SOUP WITH CRACKERS TURKEY SALAD CORN SALAD SLICED BEETS RYE BREAD WITH MARG. CANNED PEACHES SKIM MILK COFFEE OR TEA	APPLE JUICE BAKED CHICKEN W/GRAVY CANDIED SWEET POTATOES GREEN BEANS WHEAT BREAD W/MARG. FRESH FRUIT NECTARINE SKIM MILK COFFEE OR TEA

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