


# Sunland Dining Center

## July 2024 - Congregate Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1.</b> <b>SW Chicken Bowl w/Cheese</b> Whole Grain Roll      Garnish Pinto Beans OR Black Beans *Shredded Cabbage, Mixed Salad Greens & Radish w/Cilantro Drsg Corn Salad Fresh OR U/S Peaches OR Melon Low fat Milk	<b>2.</b> <b>Shepherd's Pie (Beef) w/Mashed Potatoes</b> Whole Grain Roll Carrots Mixed Salad Greens w/French Dressing *Kiwi Low fat Milk	<b>3.</b> <b>BBQ Chicken</b> Whole Grain Roll *Tri Color Coleslaw Baked Beans Fresh Melon-Watermelon, Honeydew OR Cantaloupe Peach Pie Low fat Milk	<b>4.</b> <b>DINING CENTER IS</b> <b>CLOSED FOR THE 4<sup>TH</sup></b> <b>OF JULY</b> <b>INDEPENDENCE DAY</b> <b>HOLIDAY</b>	<b>5.</b> <b>Garden Vegetable Lasagna w/Zucchini &amp; Mushrooms</b> Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange Low fat Milk
<b>8. *Orange Juice</b> <b>Open Face Hot Turkey Sandwich</b> Whole Grain Bread      w/Mashed Green Beans                      Potatoes Spinach Salad w/Shredded Cabbage & Dried Cranberries w/Vinaigrette Dressing Low fat Milk	<b>9.</b> <b>Spinach &amp; Mushroom Quiche/ Baked Pollock w/Lemon Sauce</b> Whole Grain Roll OR Bread Mixed Vegetable Blend Broccoli Salad Cinnamon Applesauce Low fat Milk	<b>10.</b> <b>BBQ Chicken</b> Brown Rice Yam OR Sweet Potato Tri Color Coleslaw Peach OR Pear Low fat Milk	<b>11.</b> <b>Turkey Caprese Salad Bowl w/ Whole Grain Pita Bread Cheese</b> Mesclun Salad Greens, & Cucumber, Tomato, Garbanzo Beans w/Pesto Salad Dressing *Strawberries OR Cantaloupe Low fat Milk	<b>12.</b> <b>Meatloaf w/Gravy (Beef)</b> Whole Grain Roll Garlic Mashed Potatoes Roasted Brussels Sprouts *Orange Low fat Milk
<b>15.</b> <b>Chicken Adobo</b> Brown Rice Green Peas Mesclun Salad w/Garbanzo Beans w/Ranch Dressing *Pineapple & Mango Fruit Cup Low fat Milk <b>FOOD BANK</b>	<b>16.</b> <b>Turkey Milanese w/Linguine &amp; Pesto Sauce</b> Cauliflower & Zucchini Carrot Raisin Salad *Orange/Vanilla Yogurt Parfait Low fat Milk                      w/Granola	<b>17.</b> <b>Salmon w/Dill Sauce</b> Whole Grain Roll Green Beans/Chopped Mixed Salad w/Spinach, Kale & Bell Pepper w/Italian Dressing Cinnamon Applesauce Low fat Milk	<b>18.</b> <b>Asian Beef Stir Fry</b> Brown Rice Mixed Asian Vegetables Beet Salad *Cantaloupe OR Tangerine Low fat Milk	<b>19. *Orange Juice</b> <b>Vegetarian Chili</b> Corn Bread Herb Roasted Carrots Mixed Salad Greens w/French Dressing Banana Low fat Milk
<b>22. *Orange Juice</b> <b>Spaghetti w/Meat Sauce (Turkey)</b> Broccoli Caesar Salad w/Caesar Dressing Fresh Pear OR Peach Low fat Milk	<b>23.</b> <b>Beef Fajita</b> Tortilla Pinto Beans Tossed Green Salad w/Cilantro Dressing *Pineapple & Mango Fruit Cup Low fat Milk	<b>24.</b> <b>Mediterranean Chicken</b> Pita Bread/Brown Rice Pilaf Roasted Vegetables Lentil Salad w/Cucumbers & Vinaigrette Dressing *Cantaloupe OR Tangerine Low fat Milk	<b>25.</b> <b>Tuna Salad Cold Plate</b> Whole Grain Roll Herbed Potato Salad or Herbed Roasted Potatoes *Creamy Coleslaw Baked Apple OR Applesauce Low fat Milk	<b>26.</b> <b>Roast Turkey Breast w/Sauce &amp; Cranberry Sauce</b> Whole Grain Stuffing Baked Yam OR Sweet Potato Spinach Salad w/French Dressing *Kiwi OR Orange & Lemon Low fat Milk                      Pudding
<b>29.</b> <b>Fish Creole</b> Whole Grain Tortilla Red Beans *Creamy Coleslaw Pear OR Plum Low fat Milk	<b>30.</b> <b>Chinese Chicken Salad w/Crunch</b> Whole Grain Roll      Rice Noodle Mixed Salad w/Kale & Brussels Sprouts & Sesame Dressing *Beet & Orange Salad Fresh Fruit in Season Low fat Milk	<b>31. *Orange Juice</b> <b>Stuffed Bell Pepper (Turkey)</b> Dinner Roll Mixed Vegetables Romaine Salad w/Tomatoes & 1000 Island Dressing Apple AND/OR Red Gelatin Low fat Milk      Cubes w/Yogurt		<b>MARLINE MOTTS</b> <b>DINING COORDINATOR</b> <b>SUGGESTED DONATION</b> <b>OF \$3.10 FOR THOSE 60</b> <b>YEARS AND OVER</b>

**Lunch served at 11:30 AM - please arrive early to secure your meal!** MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.      \*Vitamin C Source