

July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Our meals contain:</u> 3-4 oz of protein 1 cup of dairy 1 cup of vegetables 1 cup of fruit 2 oz of whole grains 2 tsp of healthy fat	 Allergy information available on request.	July 1 Sloppy Joe on a Bun Sweet Potato Chef's Choice Vegetable Apple	July 2 Happy 4 th of July Turkey and Cheese Sub 3 Bean Salad Country Style Tomatoes Pineapple Upside Cake	July 3 Happy 4th of July Program is Closed
July 6 Homemade Macaroni and Cheese Carrot coins Collard Greens Fresh Pear	July 7 Sante Fe Chicken Breast over Brown Rice Fiesta Blend Vegetables Dinner Roll in Tray Fresh Melon Cup	July 8 Breaded Chicken Patty Tater Tots Green Beans Diced Peaches and Cream	July 9 Tuna Salad over Greens Marinated Cucumbers Veggie Mac Salad Dinner Roll Lorna Doone Cookies	July 10 Cheeseburger on a Bun Baked Beans Broccoli Florets Chocolate Chip Cookie
July 13 American Goulash Mixed Vegetables Dinner Roll in Tray Apple	July 14 Lightly Breaded Cod Parsley Potatoes Cauliflower Oat Cookie	July 15 Sweet and Sour Pork over rice Sugar Snap Peas Yellow Corn Orange	July 16 Happy July Birthdays Beef Stroganoff Broccoli Dinner Roll Birthday Cake	July 17 Chicken Salad on a Croissant Macaroni Salad Tomatoes and Cucumbers Cinnamon Apple Slices
July 20 Pulled Pork on a Bun Oven Brown Potatoes Capri Blend Veggies Mixed Berries with Cream	July 21 Baked Ziti with Meat Italian Blend Veggies Dinner Roll in Tray Fresh Apple	July 22 Ham & Swiss Croissant Pasta Salad Cottage Cheese Pineapple Chunks	July 23 Beef Teriyaki over brown rice Oriental Blend Veggies Brussel Sprouts Fruited Gelatin	July 24 Hot Dog with Meat Sauce Yellow Sweet Corn California Blend Veggies Plum
July 27 Stuffed Shells with Meat Sauce Broccoli Cauliflower Grapes	July 28 Pulled Chicken w/ Gravy over homemade biscuit Peas with Pearl Onions Carrot Coins Strawberry Yogurt with Berries	July 29 Veal Parm over Pasta Italian Blend Dinner Roll Peach	July 30 Roast Pork with Gravy Baked Potato Green Beans Dinner Roll Fresh Banana	July 31 Chicken Caesar Salad Country Style Cucumbers Macaroni Salad Strawberries & Cream

Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees.

TO CANCEL OR RESTART YOUR HOME DELIVERED MEALS - Call 518-746-2357

Congregate Meal Sites: Cambridge 518-677-8592 - Hudson Falls 518-747-9352 - Whitehall 518-499-2482

Menus subject to change.