

This menu will be served at the Clearfield, Coalport, DuBois, Karthaus, Kylertown,  
& Mahaffey Centers as well as to our Meals on Wheels & More consumers.

# July Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please Note:</p> <p>Margarine &amp; 2% milk served with all meals. Menus subject to change due to product availability. Consumers who have been assigned a special diet by their physician may receive different items from those listed on the menu.</p> <p><b>Super Foods!</b></p> <p>Menus items in orange are very high in nutrition and very good for you.</p>			<p>1</p> <p>Chef's Salad w/<b>Tomato</b>, Ham, Turkey, Egg, &amp; Cheese Croutons Jello w/Diced Pears Sugar Cookie Whole Wheat Bread</p> <p>DuBois: <b>Cabbage Roll</b> w/Sauce Mashed Potatoes Green Beans <b>Peaches</b> Whole Wheat Bread</p>	<p>2</p> <p><b>Cabbage Roll</b> w/Sauce Mashed Potatoes Green Beans <b>Peaches</b> Whole Wheat Bread</p> <p>DuBois: Hamburger or Hot Dog Potato Salad Corn Watermelon &amp; Cantaloupe Dessert</p>
<p>5</p> <p>CLOSED</p>	<p>6</p> <p>Baked Ham <b>Brown Rice Pilaf</b> <b>Beets</b> <b>Orange Juice</b> Whole Wheat Bread</p>	<p>7</p> <p>Chicken Noodle Casserole <b>Broccoli</b> <b>Plums</b> Chocolate Chip Cookies Whole Wheat Bread</p>	<p>8</p> <p>Roast Pork Sauerkraut Mashed Potatoes <b>Pear</b> Whole Wheat Bread Graham Crackers</p>	<p>9</p> <p>Cold Roast Beef &amp; Cheese Sandwich Baked Beans <b>Fresh Cauliflower &amp; Broccoli</b> <b>Nectarine</b> Sandwich Roll</p>
<p>12</p> <p>Meatloaf w/Gravy Stuffing 5-Mix Vegetables <b>Fresh Fruit</b> Whole Wheat Bread</p>	<p>13</p> <p>Veal Parmesan Rotini w/Sauce <b>Tossed Salad</b> <b>Tropical Fruit Salad</b> Italian Bread</p>	<p>14</p> <p>Baked Chicken <b>Sweet Potatoes</b> Green Beans <b>Fresh Coleslaw</b> Oatmeal Cookie Whole Wheat Bread</p>	<p>15</p> <p>Pot Roast w/Potatoes, Onions, Celery &amp; <b>Carrots</b> Pineapple Juice Chocolate Pudding Graham Crackers Whole Wheat Bread</p>	<p>16</p> <p><b>Tossed Salad</b> w/Scoop of Tuna <b>Black Beans</b> Croutons <b>Fresh Orange</b> Dinner Roll</p>
<p>19</p> <p>Turkey Rice Casserole <b>Lima Beans</b> <b>Sweet Potatoes</b> <b>Tropical Fruit Salad</b> Whole Wheat Bread</p>	<p>20</p> <p>Stuffed <b>Baked Potato</b> w/Chili and Cheese <b>Broccoli</b> Pickled Egg &amp; <b>Beets</b> Jello w/Fruit Cocktail Corn Bread Whole Wheat Bread</p>	<p>21</p> <p>Goulash Peas <b>Pepper Slaw</b> Jello Cake Whole Wheat Bread</p>	<p>22</p> <p>Chicken Cacciatore Over Linguini Italian Beans <b>Tossed Salad</b> Chocolate Pudding Whole Wheat Bread</p>	<p>23</p> <p>Ham &amp; Cheese Sandwich w/Lettuce &amp; <b>Tomato</b> Three Bean Salad <b>Fresh Coleslaw</b> Applesauce</p>
<p>26</p> <p>Turkey Noodle Casserole Trio Vegetables <b>Pumpkin Custard</b> <b>Pear</b> Whole Wheat Bread</p>	<p>27</p> <p>Pulled Pork Sandwich Chuckwagon Corn Peaches Trail Mix</p>	<p>28</p> <p>Chicken Alfredo w/Peas Penne Pasta <b>Carrots</b> <b>Fresh Pepper Strips</b> Chocolate Cake Italian Bread</p>	<p>29</p> <p>Stuffed <b>Pepper</b> w/<b>Sauce</b> Mashed Potatoes Green Beans Blueberry Muffin Whole Wheat Bread</p>	<p>30</p> <p>Turkey &amp; Swiss Sandwich w/Lettuce &amp; <b>Tomato</b> Tri Color Pasta Salad <b>Pickled Beets</b> <b>Cantaloupe</b></p>