EWC/Community Table Dining Program CASH ONLY July 2024 11:30 a m - 1:00 p m

Monday	Tuesday	Wednesday	Thursday	Friday
Potato Salad Grilled Turkey and Cheese on Flatbread Chips Apricots	2 Egg Salad Wrap Chips Carrot Sticks Cookie Fresh Fruit	Happy 4 th of July 3 Confetti Coleslaw BBQ Rib Baked Beans Watermelon Iced Tea	4 <u>Closed: Holiday</u> 4 th of July	5 Broccoli Salad Turkey cranberry wrap Chips Fresh Fruit
8 Pea and Cheese Salad Roast Beef and Cheddar Wrap Sun Chips Peaches	9 Oven Fried Chicken Rice Pilaf Brussel Sprouts Tropical Fruit Dinner Roll	10 Baked 3 Cheese Pasta w/ meat sauce Winter Mix Vegetables Garlic Bread Fruit Mix	ll Tuna Salad Wrap Chips Cookie Fresh Fruit	12 Golden Baked Chicken w/ Rice and gravy Country Vegetables Peaches Dinner Roll
15 Chicken Alfredo Garlic Bread Steamed Broccoli Fresh Fruit	16 Country Fried Steak w/ mashed potatoes and gravy Green Beans Mandarin Oranges Dinner Roll	17 Crab Louie Salad: Romaine, Tomato, Cucumber, Boiled Egg and Crab Salad. Thousand Island Dressing Dinner Roll Fresh Fruit	18 Pickled Beet Salad Mac and Cheese Steamed Broccoli Dinner Roll Pears	19 Chicken Salad on Croissant Fresh Veggies w/ Dip Chips Diced Peaches on Tapioca
22 Cabbage Rolls Rice Steamed Carrots Applesauce	23 Spaghetti with Meatsauce Garden Vegetables Fresh Fruit Garlic Bread	24 Coleslaw Fish and Chips w/ tarter and ketchup Cornbread Apricots	25 Chicken Caesar Salad Breadstick Cookie Fresh Fruit	26 Turkey Burnt Ends wrap w/ Slaw Potato Wedges Fresh Fruit
29 Stuffed Shells w/Marinara Sauce and Parmesan Garden Vegetables Peaches Garlic Bread	30 Chicken Pita Pocket w/ lettuce, tomato, cucumber, and tzatziki sauce Garlic Fries Watermelon	31 Crispy Chicken Salad w/ Romaine, Tomato, Cucumber, Cheddar and Chicken Fresh Fruit Breadstick	<mark>Menu Subject to</mark> Change	

1% milk, roll or bread, and fortified margarine are available with all meals. *All fresh produce is subject to availability. Substitutions may be made without notice.*

Suggested meal donation for eligible persons (aged 60+) is \$4.00. For non-eligible people (aged 59 and younger) cost is \$8.00 per meal.