

CADC NUTRITION Weatherford

July 2019 Menu

Sandy Williams, Site Manager
 For Reservations call 772-1193
 Call before 9:00 a.m.
 Or you can call the day before.

Note: Suggested donation for
60 years or Older is \$3.00
 Meal Cost for under 60 - \$7.00
 (Menus Are Subject To Change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Macaroni Casserole California Blend Vegetables Tossed Salad Garlic Cheese Bread Fruit Salad	2 Oven Fried Chicken Mashed Potatoes/Gravy Broccoli/Cheese Sauce Hot Roll Strawberry Jello/Bananas	3 Chef Salad Potato Soup Cantaloupe Saltines Cinnamon Roll	4 CLOSED For 4 th of JULY	5 Cheeseburger Tator Tots Lettuce, Tomato, Onion Mayo/Mustard Chocolate Chip Cookies
8 Glazed Ham Hominy Cheese Casserole Carrots Angel Biscuit Mixed Fruit w/Citrus	9 Hamburger Steak Mashed Potatoes/Gravy Fresh Spinach Salad Wheat Hot Roll Apple Crisp	10 Chicken Fajitas Refried Beans Combination Salad Oatmeal Raisin Cookies	11 Smothered Pork Chop Scalloped Potatoes Pea Salad Oatmeal Muffin Fruited Jello	12 Enchilada Casserole Green Beans Glazed Carrots Tortilla Chips/Salsa Peaches
15 Meat Loaf Black Eyed Peas Okra Salad Wheat Hot Roll Apricot Cobbler	16 Chicken Strips/Gravy Mashed Potatoes Mixed Vegetables Hot Roll Layered Pudding Dessert	17 Indian Tacos Pinto Beans Lettuce and Tomatoes Mixed Fruit Butterscotch Square	18 Egg and Sausage Bake Hashbrowns Green Beans/Peppers Bran Muffin Mandarin Oranges	19 Tuna Salad Sandwich S'west Chicken/Vegetable Soup Cucumbers & Onions Amish Sugar Cookies
22 King Ranch Casserole Glazed Carrots Broccoli/Cauliflower Salad Wheat Hot Roll Hot Cinnamon Apple Slices	23 Meat Loaf Mashed Potatoes Zucchini & Tomatoes Hot Roll Jello Poke Cake	24 Fish/Tartar Sauce AuGratin Potatoes Coleslaw Cornbread Cake	25 Chicken Salad/Lettuce Baked Beans Cantaloupe Saltines Chocolate Chip Cookies	26 Salisbury Steak/Gravy Garlic Whipped Potatoes Garden Tomato Salad Hot Roll Peach Cobbler
29 Hamburger Assorted Relishes Oven Fries Peanut Butter Pudding	30 Smoked Sausage Ranch Beans Medley Cabbage Wheat Hot Roll Watermelon or Fresh Fruit	31 Breaded Pork Cutlet Gravy Bread Broccoli Rice Casserole Yellow Squash Cherry Applesauce		