



# July 2021

Clearfield County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Meatloaf w/Gravy Mashed Potatoes Broccoli Spears White Bread w/Margarine Orange Gelatin Whip on Top Milk Low Fat 2%	2 <b>No Meal Delivery due to July 4th holiday</b>
5  <b>No Meal Delivery due to July 4th holiday</b>	6 Turkey Burger on WW Bun Lettuce and Tomato Green Beans Sweet Potato Salad Mandarin Orange Sections Milk Low Fat 2%	7 Ham Loaf w/Pineapple Glaze Scalloped Potatoes Baby Carrots Whole Wheat Dinner Roll Strawberry Glazed Angel Food Milk Low Fat 2%	8 Zen Teriyaki Chicken Pineapple Chunks Jasmine Rice Broccoli Florets Cubed Watermelon Milk Low Fat 2%	9 Macaroni and Cheese Stewed Tomatoes Chopped Spinach Whole Wheat Bread Chocolate Cherry Parfait Milk Low Fat 2%
12 Honey Mustard Chicken Breast Green Peas California Blend Vegetables Dinner Roll w/Margarine Diced Pears Milk Low Fat 2%	13 Sloppy Joe Hot German Potato Salad Diced Carrots Hamburger Bun Diced Peaches Milk Low Fat 2%	14 New England Style Baked Cod Herbed Rice Pilaf Capri Vegetable Blend Wheat Bread w/Margarine Apple Slices Milk Low Fat 2%	15 Beef Pot Roast w/Gravy Red Roasted Potatoes Green Beans Whole Wheat Roll w/Margarine Chocolate Chip Cookies Milk Low Fat 2%	16 Manicotti w/Turkey Sauce Chopped Spinach Broccoli Florets Garlic Roll w/Margarine Pineapple Chunks Milk Low Fat 2%
19 Beef Hamburger w/Pickle Cottage Fries Tomato and Cucumber Salad Rice Krispie Treat Milk Low Fat 2%	20 Honey Bourbon Pork Loin Capri Vegetable Blend Steamed Brown Rice Lemon Pudding Milk Low Fat 2%	21 Chicken Salad Trip Plate Cherry Tomato Coleslaw Potato Roll Cubed Cantaloupe Milk Low Fat 2%	22 Hot Turkey Sandwich Mashed Potatoes Diced Carrots Chocolate Pudding Milk Low Fat 2%	23 Spaghetti and Meatballs Garlic Green Beans Garlic Roll w/Margarine Diced Pears Milk Low Fat 2%
26 Swedish Meatballs Buttered Egg Noodles Green Peas Whole Wheat Roll Sugar Cookies Milk Low Fat 2%	27 Lemon Herb Chicken Thigh Sugar Snap Peas Whole Kernel Corn Diced Peaches Milk Low Fat 2%	28 Sausage Peppers Onion Potato Parmesan Orzo Capri Vegetable Blend Butterscotch Pudding Milk Low Fat 2%	29 Texas Style Shredded Pork Sweet Potatoes Green Beans Corn Muffin Pineapple Chunks Milk Low Fat 2%	30 Beef Lasagna Chopped Spinach Wheat Bread Red White and Blue Parfait Milk Low Fat 2%

If you are planning to go out, please call us and let us know so we can stop your meal for the day. 814-765-2696 or 1-800-225-8571.