

# Johnston County Senior Meals Menu – July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Patty Meatloaf, Onion Gravy O'Brien Potatoes Creamed Spinach Dinner Roll, Orange 2% Milk & Grape Juice	Chicken/Broccoli Casserole Okra & Tomatoes Cinnamon Apple Slices Sourdough Bread, Banana 2% Milk	Chicken Leg Zucchini Sweet Potatoes Wheat Roll, Fruit 2% Milk	~CLOSED~ INDEPENDENCE DAY	Chicken Cacciatore Broccoli/Cheese Sauce Lentils with Spinach Wheat Bread, Apple 2% Milk & Cranberry Juice
8	9	10	11	12
Brunswick Stew Brown Rice Broccoli / Cauliflower Sourdough Bread, Fresh Fruit 2% Milk & Grape Juice	Chicken Parmesan Brussel Sprouts Seasoned Parslied Noodles Wheat Bread, Banana 2% Milk & Apple Juice	BBQ Riblet Mashed Potatoes Green Beans/Red Pepper Hamburger Bun, Apple 2% Milk & Cranberry Juice	Salisbury Steak Brown Gravy Scalloped Potatoes Capri Vegetables Texas Toast, Fruit 2% Milk	Cabbage Casserole Green Beans Mashed Potatoes Cornbread, Orange 2% Milk
15	16	17	18	19
Lasagna Casserole Peas 'n Carrots Creamed Spinach Wheat Bread, Orange 2% Milk & Grape Juice	BBQ Pork on Bun BBQ Beans Turnip Greens, Vinegar Watermelon 2% Milk	Beef Pot Pie Zucchini Brown Rice Dinner Roll, Orange 2% Milk	Jambalaya Zucchini Medley Red Beans & Rice Wheat Bread, Banana 2% Milk	Chicken Leg Green Beans Sweet Potatoes Dinner Roll, Pear 2% Milk & Orange Juice
22	23	24	25	26
Chicken / Brown Rice Spinach Cauliflower w/Red Pepper Dinner Roll, Orange 2% Milk, Apple Juice	Beef & Broccoli Ginger Carrot Coins Fruit Compote Sourdough Bread Fortune Cookie 2% Milk, Orange Juice	Spaghetti, meat sauce Apple Crisp Italian Vegetables Italian Bread, Fruit 2% Milk	Chicken Picata Zucchini 'n Onions Navy Beans (dried) Wheat Roll, Orange 2% Milk & Cranberry Juice	Hamburger w/Bun Lima Beans Spinach Mustard Packet, Orange 2% Milk
29	30	31		
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