
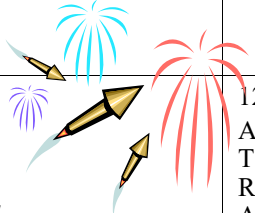









Homage Senior Services Nutrition Program

**NORTHSHORE ADULT DAY  
HEALTH &  
WELLNESS CENTER**



Mon	Tue	Wed	Thu	Fri
1 Carrot Raisin Salad Hot Turkey Sandwich Mashed Potatoes w/ gravy Capri Vegetables Peaches	2 Tossed salad Beef Lasagna Bread sticks Tropical Fruit	3 Confetti Coleslaw Oven Fried Chicken Baked Beans Cornbread Watermelon Roll 	<p style="text-align: center;"><b>CLOSED HAPPY 4th OF JULY</b></p> 	5 Tossed salad BBQ pork sandwich Sweet Potato Fries Pineapple
8 Pickled Beet Salad Lentil Soup Egg salad sandwich Mandarin oranges	9 Fiesta Salad Mac and Cheese Green Beans Pears <i>Roll</i>	10 Pea and Cheese Salad Chicken Caesar Wrap Chips <i>Applesauce</i>	11 Spinach salad Sloppy Joe French Fries <i>Fruit Cocktail</i>	12 Asian slaw Teriyaki chicken Rice Asian vegetables Apricots Roll
15 Tossed salad Chili in tortilla bowl with cheese Zucchini Pineapple		17 Bean Soup Ham Sandwich w/ lettuce and tomato Potato Wedges Mandarin Oranges	18 Meatloaf/ Crackers Mashed Potatoes w/gravy Peas & Carrots Peaches Roll	19 Tossed Salad Dijon chicken Orzo w/Peas Broccoli Tropical Fruit <i>Roll</i>
22 Tossed salad Eggplant Parmesan Spaghetti with marinara sauce Mixed vegetables Fruit cocktail Roll	23 Dilled cucumber salad Lemon Pepper Pollock Harvest Rice Pilaf Brussels sprouts Apricots Roll		25 Coleslaw French dip Potato Wedges Mandarin oranges	
29 Broccoli Cheddar Quiche Hash brown potatoes Fruit cocktail Cookie Roll	30 Tossed salad Chicken Alfredo Spinach Peaches Roll 	31 Pea and cheese salad Tuna Salad Sandwich Potato Wedges Pears	<p style="text-align: center;"><b>LUNCH SERVED @ 12:15</b></p> 	

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.

*"This institution is an equal opportunity provider"*