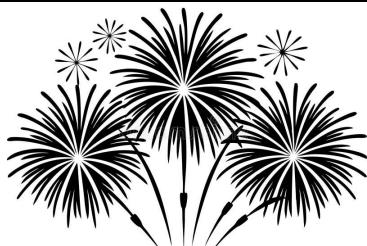



July 2025

Bay Count Department on Aging

HDM/Congregate Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>(1) BAKED TURKEY (3)</b> Mashed Potatoes (17) w/Turkey Gravy (2) Kyoto Blend Veggies (9) Chocolate Pudding (27)	<b>(2) BAJA FISH TACO (31)</b> Fire Roasted Corn and Beans (14) Southwest Coleslaw (7) Banana (44)	<b>(3) HOT DOG (1)</b> (4) Whole wheat bun (19) Green Beans (5) Cherry Crisp (55) Potato Chips (15)	<b>Closed for Independence Day!</b>
<b>(7) SCRAMBLED EGGS (3)</b> Turkey Links (1) Seasoned Cube Potatoes (20) Fig Newtons (13) Orange Juice Box (13)	<b>(8) DUTCH CHICKEN (9)</b> Cheesy Mashed Potatoes (14) Peas and Carrots (9) Oatmeal Rasin Cookie (23)	<b>(9) BAKED PORK CHOPS (1)</b> Mashed Potatoes (17) Green Beans (5) Fruit Cocktail (17)	<b>(10) CHOP SUEY (14)</b> Yukon Gold Mashed Potatoes (16) Green Peas (11) Butterscotch Pudding (27)	<b>(11) TACO SALAD (24)</b> Apple Slices (7) V8 Vegetable Juice (6) Strawberries w/Whip Topping (7)
<b>(14) COD FISH FILET (16)</b> Whole Wheat Bun (25) Down Home Fries (15) Diced Carrots (7)	<b>(15) MEATBALL STROGANOFF (18)</b> Buttered Noodles (13) Mixed Vegetables (11) Pineapple Chunks (18)	<b>(16) SAUCY VEAL PARMESAN (23)</b> OVER SPAGHETTI (20) Green Beans (5) Diced Pears (18)	<b>(17) PEPPER STEAK (12)</b> Broccoli Florets (4) Steamed Brown Rice (16) Grapes (13) Orange Juice Box (13)	<b>(18) CRISP CHICKEN FINGERS (20)</b> Down Home Fries (15) Scandinavian Blend Veggies (7) Strawberry Applesauce (15)
<b>(21) HUNGARIAN PORK CHOP (6)</b> Buttered Rotini Noodles (43) Spinach (5) Clementine (9)	<b>(22) CHICKEN ENCHILADAS (20)</b> Roasted Corn and Beans (14) Spanish Rice (25) Lime Pear Jello (25)	<b>(23) HAMBURGER GRAVY (9)</b> Mashed Potatoes (17) Brussel Sprouts (6) Applesauce (23) Whole Wheat Dinner Roll (23)	<b>(24) ROASTED PORK LOIN (0)</b> Mashed Potatoes (17) w/Pork Gravy (2) Peas and Carrots (9)	<b>(25) BBQ CHICKEN BREAST (14)</b> Redskin Potatoes w/onions (23) Green Beans (5)
<b>(28) PHILLY BEEF SANDWICH (24)</b> ON A WHOLE WHEAT BUN (19) Baked Potato (24) Riviera Blend Vegetables (6)	<b>(29) CHICKEN CORDON BLEU (12)</b> Candied Sweet Potatoes (31) Mixed Vegetables (11) Apple (29)	<b>(30) SLOW-COOKED BEEF POT ROAST (2)</b> Mashed Potatoes (17) w/Beef Gravy (2) Cauliflower (4) Fresh Strawberries (6)	<b>(31) SPANISH RICE W/ MEAT (27)</b> Broccoli (4) Corn Muffin (21) Sugar Cookie (26)	

All Meals at the Activity Centers served with Fat-Free Milk (13)

Menu is subject to change without notice.

Number next to the menu item indicates carbohydrate count.

Be advised menu items may contain nuts.

989-895-4100