




MERCED COUNTY LIVING WELL CAFÉ MENU JULY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>ENJOY A NOON MEAL WITH OTHER SENIORS AT</p>  <p>MERCED 209-761-8284 ATWATER 209-761-8153 WINTON 209-761-8239 LIVINGSTON 209-761-8631 DOS PALOS 209-761-7186 LOS BANOS 209-761-8971 PLANADA 209-761-8738</p> <p>Cost of Meals is based on Suggested Contribution: \$2.00 for Congregate Meals \$2.00 for Meals-on-Wheels Guest Cost \$8.00 (59 & under)</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>July 2022 Senior Nutrition Program</p> <p>No eligible individual shall be denied participation because of failure or inability to contribute.</p>  <p>AREA AGENCY ON AGING MEALS on WHEELS <small>MERCED COUNTY SENIORS CENTER</small></p> </div>
* Vitamin A Rich Food +Vitamin C Rich Food Protein:~35gm/meal(avg)w/ milk 1% milk served with meals Whole grains unless stated ** Refined Grain #vegetables in entrée Sodium ≥ 1000 mg				1 Hamburger *Sweet Potato Wedges +Crispy Corn Salad Seasonal Fresh Fruit	
4  HOLIDAY	5 Beef Macaroni Casserole *CA Mixed Vegetables Green Beans +Orange Slices	6 Italian Sausage Bake Romaine Salad w/dressing +Broccoli Pineapple Chunks Garlic Bread	7 Sweet n Sour Meatballs Brown Rice *Carrot Coins +Cauliflower Seasonal Fresh Fruit	8 Tuna Salad Sandwich Green Salad w/dressing Tomato/Cucumber Salad +Orange Juice	
11 Lemon Pepper Tilapia Brown Rice *Carrot Coins +Broccoli Seasonal Fresh Fruit	12 Roast Pork w/gravy Brown Rice *Spinach Salad w/dressing +Cauliflower Applesauce	13 BBQ Chicken *Baked Sweet Potatoes +Coleslaw w/bell peppers Cornbread** Seasonal Fresh Fruit	14 Sloppy Joe on WW Bun +Red Potatoes Corn Kernels *Apricot Halves	15 Chicken Fajitas w/onions and bell peppers Brown Rice Corn +Orange Slices	
18 Meatloaf +Mashed Potatoes w/gravy *Peas and Carrots Pineapple Chunks WW Roll w/margarine	19 Fish Sticks +Apple Coleslaw *Sauteed Spinach Seasonal Fresh Fruit	20 Chicken Enchilada Casserole Refried Beans +Crispy Corn Salad Seasonal Fresh Fruit	21 Spaghetti w/ Meat Sauce Green Beans *CA Mixed Vegetables +Orange Slices Breadstick	22 Seafood Salad *Carrot Sticks Green Salad w/dressing +Mandarin Oranges WW Roll w/margarine	
25 Hamburger on WW Bun +Coleslaw w/bell peppers BBQ Beans *Apricot Halves	26 Hawaiian Chicken# Brown Rice Mixed Vegetables +Pineapple Tidbits	27 Pulled Pork Sandwich +Potato Salad *Carrot Raisin Salad Fresh Fruit	28 Curried Chicken Salad# *Carrot Sticks +Mandarin Oranges WW Roll w/margarine	29 Herb Baked Tilapia Brown Rice *Peas and Carrots Green Salad w/dressing +Orange Slices	

Please call one day in advance to reserve a meal. Menu approved: Sally Gerling, MS, RDN, CDE (R594002) 6/9/2022