

LUNCH CALENDAR

JULY, 2023

Whole grain bread or an alternate and 2% milk are offered with each meal. Lunch reservations are required at least 24 business hours in advance. **Menu is subject to change.** The Fulton County Meal Program is financed with meal donations, local levy funds, and AOOA grant funding. Ingredient information is available upon request.

Meal Reservations: 419-337-9299

LS Alt = Lower Sodium Alternative (**Items must be ordered at least one week in advance**)

SUGGESTED DONATION: \$3.00. LUNCH SERVED AT NOON.

LF Alt = Low Fat Alternate (**Items must be ordered at least one week in advance**)

Checks Payable to: Fulton County Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grilled Bratwurst w/ Peppers & Onions (LS Alt=Uncured Franks) Au Gratin Potatoes Brussels Sprouts Peaches 3	CLOSED FOR INDEPENDENCE DAY 4	Pasta w/Meat Sauce Steamed Broccoli Summer Squash Mixed Fruit 5	Pot Roast Boiled Potatoes Carrots Pineapple Ice Cream 6	Creamed Chipped Beef Mashed Potatoes Mixed Vegetables Apple Slices 7
Tomato Basil Soup Ham & Cheese Sandwich Cucumber Salad Fruit Salad 10	BBQ Beef Roasted Potatoes Ranch Style Beans Cole Slaw 11	Cheese Burgers Seasoned Potato Wedges Normandy Blend Vegetables Bananas Cookies 12	Chicken & Noodles Mashed Potatoes Green Beans Pears 13	Chili w/Beans Mexican Style Rice Seasoned Corn Pineapple Juice 14
Shepherd's Pie Cooked Cabbage Fruit Crisp 17	Chicken Breast Sandwich Red Potatoes Cream Style Corn Mandarin Oranges 18	Submarine Sandwich Pickled Beets Potato Chips Watergate Salad Fresh Fruit 19	Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Malibu Blend Vegetable Applesauce 20	Country Fried Steak w/Country Gravy Mashed Potatoes Sugar Snap Peas Dark Sweet Cherries 21
Steamed Franks (LS Alt=Chicken Breast) Baked Beans Peas Oranges 24	Corn Chowder Corned Beef Sandwich (LS Alt= Turkey Sandwich) Broccoli & Cauliflower Salad Jell-O 25	Baked Chicken Rice Pilaf Green Beans Cranberry Relish Vegetable Juice 26	Hamburger Gravy Mashed Potatoes Mixed Vegetables Peaches Iced Cake 27	Baked Fish Macaroni & Cheese Stewed Tomatoes Cole Slaw Juice 28
Salisbury Steak Or Liver & Onions Mashed Potatoes Carrots Apples 31				