

Caridad Community Kitchen

CONGREGATE MEALS

JULY 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		KALE AND CHICKEN SALAD GREEN BEAN SALAD WHOLE WHEAT ROLL BANANA	1	CHILI MAC 5 WAY MIXED VEGGIES BABY SPINACH SALAD/ DRESSING PEACHES	2	MONGOLIAN BEEF BROWN RICE PILAF EDAMAME PINEAPPLE CHUNKS	3	FOURTH OF JULY ALL CENTERS CLOSED	4
MEDITERRANEAN BEEF BARLEY PILAF SWEET POTATOES STEAMED BROCCOLI APPLE SLICES (2)	7	SHRIMP SALAD W/ HERB DRESSING GREEK PASTA SALAD WW DINNER ROLL APRICOTS FIG NEWTONS	8	TURKEY TETRAZZINI W/ WW NOODLES CAPRI VEGETABLES CARROT/RAISIN SALAD PEARS SUGAR-FREE PUDDING	9	PARMESAN BAKED POLLOCK/TARTAR SC ROASTED RED POTATOES GREEN BEANS WW BREAD TROPICAL FRUIT	10	BEEF STROGANOFF W/WW NOODLES ROASTED CAULIFLOWER BABY SPINACH SALAD/ DRESSING BANANA	11
MEATLOAF MASHED POTATOES/ GRAVY SUCCOTASH WW BREAD APPLE SLICES (2)	14	ASIAN GROUND TURKEY SALAD W/PEANUTS LENTIL SALAD WW DINNER ROLL APRICOTS FIG NEWTONS	15	SLOPPY JOE SWEET POTATOES CREAMY COLE SLAW WW BUN PINEAPPLE CHUNKS	16	CHEESE OMELET WITH SEAFOOD CRM SC ROASTED POTATOES SAUTEED SPINACH WW BREAD FRESH ORANGE	17	CHICKEN MARSALA LEMON QUINOA CAPRI VEGETABLES WW DINNER ROLL BANANA	18
BEEF STEW W/ CARROTS AND POTATOES STEAMED BROCCOLI CORN MUFFIN APPLE SLICES (2) TEDDY GRAHAMS	21	SMOKED WHITEFISH SALAD CUCUMBER SALAD W/LEMON VINEGRETTE WW BREAD APRICOTS OATMEAL COOKIE	22	PORK CARNITAS QUINOA AND BLACK BEANS SAUTEED SPINACH WW BREAD TROPICAL FRUIT	23	LASAGNE ROLL-UPS W/MEAT MARINARA SC CAPRI BLEND VEGGIES WW BREAD FRUIT CRISP	24	BBQ BEEF SANDWICH ROASTED POTATOES CREAMY COLE SLAW WW BUN BANANA	25
HONEY MUSTARD CHICKEN SWEET POTATOES GREEN PEAS WW BREAD PEAS	28	SOUTHWEST CHICKEN SALAD CARROT-RAISIN SALAD WW DINNER ROLL BANANA TEDDY GRAHAMS	29	BREADED FISH W/ TARTAR SC SAVORY LENTILS NORMANDY VEGETABLES WW BREAD PEACHES	30	CHICKEN PARM OVER PENNE PASTA EDAMAME SUCCOTASH PEARS	31		

**** ALL MEALS ARE SERVED WITH 8 OUNCES OF MILK** EQUIVALENT MENU ITEMS MAY BE SUBSTITUTED
THE FRUIT MAY DIFFER BASED ON AVAILABILITY**