

July 2025

Elder Services of Worcester Area Nutrition Program

MENU SUBJECT TO CHANGE

Tuesday 1st

Greek Chicken
Steamed White Rice
Carrots
Mandarin Oranges
Pumpnickel Bread

Wednesday 2d

Meatloaf with Gravy
Garlic Mashed Potatoes
Corn
Fresh Fruit
Whole Wheat Bread

Thursday 3rd

Hot Dog on Bun
Baked Beans
Coleslaw
Baked Apples
Mustard

4th Holiday - No Meals Served

Monday 7th

Salisbury Steak with Gravy
Mashed Potatoes
Glazed Carrots
Fresh Fruit
Sandwich Roll

Tuesday 8th

Egg Frittata
Stewed Tomatoes
O'Brien Potatoes
Fruited Ambrosia
Whole Wheat Bread

Wednesday 9th

Chicken Picatta

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Garlic Mashed Potatoes

Roasted Broccoli

Lemon Pudding

Pumpnickel Bread

Thursday 10th

Meatballs with Onion Gravy

Bowtie Pasta

Peas

Pineapple

Italian Bread

Friday 11th

Lemon Pepper Haddock

Rice Pilaf

Mixed Vegetables

Lorna Doones

Marble Rye Bread

Tartar Sauce

Monday 14th

Macaroni & Cheese

Stewed Tomatoes

Mixed Vegetables

Fresh Fruit

Pumpnickel Bread

Tuesday 15th

BBQ Chicken

Au Gratin Potatoes

Capri Blend Veg

Mandarin oranges

Marble Rye Bread

Wednesday 16th

Teriyaki Beef

Steamed Rice

Broccoli

Pineapple

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Fortune Cookie

Whole Wheat Bread

Thursday 17th

Marinated Pork Loin

Herbed Stuffing

Roasted Brussels Sprouts

Vanilla Mousse

Pumpnickel Bread

Friday 18th

Chicken Cranberry Salad

Three Bean Salad

Coleslaw

Chocolate Pudding

Hot Dog Bun

Monday 21st

Vegetable Cheese Bake

Herbed Potatoes

Jardiniere Vegetables

Mixed Fruit

Pumpnickel Bread

Tuesday 22d

Banh Mi Pork with Sauce

Carrots

Coleslaw

Baked Cinnamon Pears

Sandwich Roll

Mayo

Wednesday 23rd

Chicken Vegetable Stir Fry

Rice Pilaf

Summer Corn

Fresh Fruit

Marble Rye Bread

Wednesday 23rd

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Chicken Vegetable Stir Fry

Rice Pilaf

Summer Corn

Fresh Fruit

Marble Rye Bread

Thursday 24th

Beef Bourguignon

Garlic Mashed Potatoes

Roasted Broccoli & Carrots

Birthday Cake

Italian Bread

Friday 25th

Lentil Stew with Cheese

Steamed Rice

Peas & Carrots

Rice Krispy Treat

Marble Rye Bread

Monday 28th

Honey Mustard Pork

Herbed Potatoes

Roasted Brussels Sprouts

Jello

Marble Rye Bread

Tuesday 29th

Beef Chili

Brown Rice

Mixed Vegetables

Fresh Fruit

Pumpnickel Bread

Wednesday 30th

Garlic Brown Sugar Chicken

Lemon Seasoned Potatoes

Green Beans

Fruited Ambrosia

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Whole Wheat Bread

Thursday 31st

Ziti with Meat Sauce

Roman Blend Vegetables

Baked Apples

Italian Bread