

JULY 2025 Meals on Wheels & Senior Café

Meals on Wheels - Please remember to cancel your meal 24 hours in advance of any appointments, etc.

Sylva 631 - 8044

Cashiers 745 - 6856

Senior Café - Reservations & Cancellations required by 3pm one day in advance

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Macaroni & Cheese Black Eyed Peas Stewed Tomatoes Sugar Cookie Cornbread Milk	2 Fried Fish Filet Baked Beans Creamy Cole Slaw Hush Puppies Milk Fresh Orange	3 Cheeseburger/Bun Lettuce, Tomato, Onion Baked Beans Milk Confetti Coleslaw Tater Tots Watermelon Cubes	
7 Baked Chicken Pasta Alfredo Buttered Broccoli Mandarin Oranges Roll Milk	8 Breakfast Scramble Zucchini Fried Apples Milk Cinnamon Raisin Biscuit juice/oj	9 Turkey Rice Casserole Mexican Corn Green Beans Roll Milk Fresh Banana	10 Baked Pork Chop & Sweet Potato Broccoli/Cheese Sauce Biscuit Milk Orange	11 Chicken Tenders Mashed Potatoes &Gravy Black Eyed Peas Pineapple Tidbits Roll Milk
14 Fried Chicken - Thigh Green Peas Sweet Potato Soufflé Grapes Roll Milk	15 Swiss Steak with Tomatoes Boiled Potatoes French Fried Okra Banana Roll Milk	16 Spaghetti & Meat Sauce Side Salad Milk Lima Beans Texas Toast Peach Cobbler	17 Trio Salad Tuna, Egg, Chicken Side Salad Pasta Salad Milk Crackers juice/oj Strawberry Romanoff	18 Salisbury Steak Sautéed Peppers & Onions Yellow Rice Buttered Broccoli Peaches Roll Milk
21 Pork Roast Pinto Beans Turnip Greens Cornbread Peach Crisp Milk	22 Country Fried Steak w/Pepper Gravy Macaroni & Cheese Green Beans Roll Mandarin Oranges Milk	23 Deli Sandwich Beef & Ham Italian Tomato Salad Red, White & Blueberry Fruit Salad Milk	24 Pinto Beans Steamed Cabbage Fried Potatoes/Onions Cornbread Milk Watermelon Cubes	25 Chicken Salad Croissant Lettuce & Tomato Pasta Salad juice/oj Fresh Banana Milk
28 Green Peas Roll Bkd Chicken Thighs Roasted Sweet Potato Peach Parfait Milk	29 Chef Salad w/Turkey & Egg Potato Salad Cottage Cheese & Peaches Crackers juice/oj Milk	30 Baked Pork Chop Potato Salad Glazed Carrots Baked Beans Banana Roll Milk	31 Squash Casserole Baked Chicken Thigh Lima Beans Roll juice/oj Applesauce Milk	