

July 2026

Meal Calendar

Dexter Senior Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Note 1: Low fat milk and margarine are included in every regular meal (those in black print).</p>	<p>Note 2: Sides, such as salad and/or fruit are included with alternate meals (those in red print).</p>	<p>1 Chicken A La King Egg Noodles Carrots/Gala Apple Wheat Bread Alternate Selection: Turkey Sandwich</p>	<p>2 Sloppy Joe Mix WW Bun Baby Carrots/FF Dressing Mixed Fruit Alternate Selection: Chicken Noodle Soup</p>	<p>3</p> <p>HAPPY 4TH OF JULY</p> <p>CLOSED</p>
<p>6 Chicken Fettucine Alfredo Prince Charles Blend Wheat Bread Peaches Alternate Selection: Roast Beef Sandwich</p>	<p>7 Pot Roast Roasted Sweet Potato California Blend WW Bread/Gala Apple Alternate Selection: Turkey Barley Soup</p>	<p>8 Chicken Chili Northern Beans Side Salad/Orange Crackers/FF Italian Alternate Selection: Tuna Salad Sandwich</p>	<p>9 Chicken Pasta & Veggies Broccoli/Cauliflower Wheat Bread Mandarin Oranges Alternate Selection: Chili</p>	<p>10 Paprika Chicken Mashed Potatoes Green Beans/Carrots Wheat Bread/Peaches Alternate Selection: Chicken Sandwich</p>
<p>13 Potato Crusted Pollack Sweet Potato Peas and Carrots Wheat Bread/Applesauce Alternate Selection: Egg Salad Sandwich</p>	<p>14 Chicken Wild Rice Soup Potato Salad Creamy Coleslaw Veggies in Soup/Oranges Alternate Selection: Turkey Sandwich</p>	<p>15 Hamburger Stroganoff Peas and Pearl Onions Wheat Bread Mixed Fruit Alternate Selection: Chicken Chili</p>	<p>16 Salisbury Steak Rosemary Potatoes Wheat Bread/Pineapple Mixed Vegetables Alternate Selection: Chicken Noodle Soup</p>	<p>17 Tikka Masala Jasmine Rice Green Beans/Apple Wheat Bread Alternate Selection: Chicken Salad Sand.</p>
<p>20 Shepherd's Pie Wheat Bread Mixed Vegetables Pears Alternate Selection: Cottage Cheese and Fruit</p>	<p>21 Stir Fry Steak Brown Rice Oriental Vegetables Mixed Fruit/WW Bread Alternate Selection: Roast Beef Sandwich</p>	<p>22 Chicken Pasta Salad Peas and Carrots WW Roll Strawberry Applesauce Alternate Selection: Tuna Salad Sandwich</p>	<p>23 Vegetable Lasagna Wheat Bread Baby Carrots Mandarin Oranges Alternate Selection: Turkey Barley Soup</p>	<p>24 Beef Barley Casserole Wheat Bread Carrots Orange Alternate Selection: Chicken Sandwich</p>
<p>27 Ginger and Garlic Beef Brown Rice/WW Bread Cooked Broccoli Mandarin Oranges Alternate Selection: Egg Salad Sandwich</p>	<p>28 Maple Glazed Chicken Cooked Cabbage Roast Redskin Potatoes Peaches/WW Bread Alternate Selection: Chicken Chili</p>	<p>29 Chicken A La King Egg Noodles Carrots/Gala Apples Wheat Bread Alternate Selection: Turkey Sandwich</p>	<p>30 Sloppy Joe Mix WW Bun Baby Carrots/FF Dressing Mixed Fruit Alternate Selection: Chicken Noodle Soup</p>	<p>31 Chicken Enchilada Corn Tortilla/Brown Rice Pineapple Mixed Vegetables Alternate Selection: Chicken Salad</p>