



The McKissick Center
FOR SENIOR WELLNESS

July 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1 Cheese Ravioli w/ Meat Sauce Broccoli, Cauliflower Applesauce Garlic Bread, Juice		2 Oven Fried Chicken Squash Casserole Lima Beans Roll, Fruit Milk		3 Hot Dog w/Chili Black Eye Pea Salad Carrot Slaw Banana Pudding Juice		4 CLOSED FOR HOLIDAY		5 CLOSED FOR HOLIDAY	
8 BBQ on Bun Baked Beans Cole Slaw Fruit Cup, Milk		9 Sweet & Sour Chicken w/Rice Squash Oriental Vegetables Egg Roll, Mandarin Oranges Milk		10 Ham Potato Au Gratin Corn, Sliced Tomatoes Fruit Crisp Roll, Milk		11 Chef Salad w/ Dressing Grape Salad Cheese Cubes Crackers Juice		12 Meatloaf Mashed Potatoes Tomatoes & Okra Cornbread Fresh Fruit, Milk	
15 Pork Medallions in Cream Sauce w/ Orzo Brussel Sprouts Navy Beans, Roll Pudding, Juice		16 Turkey & Swiss Wrap w/ Lettuce, Tomato, & Mayo Broccoli Salad Red/Orange Pepper Slices Fresh Fruit, Milk		17 Herb Roasted Chicken Mashed Potatoes Squash & Zucchini Fresh Fruit, Yogurt		18 Lasagna Green Beans Tossed Salad w/ Dressing Fresh Fruit, Garlic Bread Milk		19 Cranberry Chicken Salad Fresh Spinach Cucumber & Tomato Slices Fruit Cocktail Crackers, Chocolate Milk	
22 Keilbasa w/ Sauerkraut Roasted Red Potatoes Black Eye Peas Fruit Cup, Roll Milk		23 Pancakes w/ Syrup Sausage Cream Spinach Warm Fruit Salad Milk		24 Beef Tacos w/ Pico de Gallo, Spanish Rice Mixed Greens Pudding Fresh Fruit		25 Hawaiian Chicken Sliders Baked Sweet Potato Spiced Fruit Milk		26 Ham & Pea Salad Pasta Salad Beets Crackers, Yogurt Fresh Fruit	
29 Cheese Ravioli w/ Meat Sauce Broccoli, Cauliflower Applesauce Garlic Bread, Juice		30 Oven Fried Chicken Squash Casserole Lima Beans Roll, Fruit Milk		31 Turkey Salad on Croissant Spinach Salad w/ Balsamic Fruit Cocktail Yogurt					

Menu items are subject to change due to availability