

Mon	Tue	Wed	Thu	Fri
<p>July 2, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence? Did you know? John Adams believed that July 2nd was the correct date on which to celebrate the birth of American independence, and would reportedly turn down invitations to appear at July 4th events in protest. Both Adams and Jefferson died on July 4, 1826. (https://www.history.com/topics/holidays/july-4th)</p>				1
	<p>5 Caribbean Pork Chops with Peppers Pineapple Cornbread</p>	<p>6 Beef and Asparagus Rice Fig Newton</p>	<p>7 Chicken Pasta Primavera Fettuccine Melon</p>	<p style="writing-mode: vertical-rl; text-orientation: mixed;">No Friday Meals</p> 
<p>11 Chefs Salad w/Turkey Cheese & Egg Beans & Peas Breadsticks Peaches</p>	<p>12 Salmon German Potato Salad Broccoli and Cauliflower Bread Sticks Banana</p>	<p>13 Pork Cutlet Baked Potato Baked Beans Coleslaw Apple Sauce</p>	<p>14 Swiss Cheese Burger Lettuce and Tomatoes Sweet Potatoes Fries Mixed Berries</p>	
<p>18 Chicken Tetrizzini Tossed Salad with Cabbage and Garbanzo Beans Pears</p>	<p>19 Flank Steak New Potatoes Arugula and Asparagus Lemon Bar</p>	<p>20 Pineapple Pork Rice Coleslaw Tropical Fruit Salad</p>	<p>21 Chicken Caesar Salad Baked Apple</p>	
<p>25 Mediterranean Chicken Wrap Spinach and Cannellini Beans Rice Pudding</p>	<p>26 Chicken Wild Rice and Barley Salad Broccoli Berries and Whip Cream</p>	<p>27 Pork Fajitas with Onion and Zucchini Pinto Beans Banana</p>	<p>28 Turkey and Broccoli Peas and Bowties Orange</p>	

Catholic Community Services Senior Nutrition Program

This Menu is subject to change | Consuming Mishandled Leftover Food May Increase Your Risk of Food Borne Illness.