




# Spirit Lake Senior Meals and Services

## July 2015

Mon	Tue	Wed	Thu	Fri
		1 Pork Chop Soup Side Salad Fruit	2 Ham Boiled Potato Carrot Fruit	3 
6 BBQ chicken Mashed Potato Mixed Vegetables Applesauce	7 Tripe Soup Fry Bread Side Salad Blueberry Wojapi	8 Roast Beef Boiled Potato Carrots Fruit	9 Fish Sticks Peas Lettuce/Vegetable Salad Fruit	10 Pulled Pork Sandwich 3 Bean Salad Fruit
13 Hamburger/Hominy Soup Meat Sandwich Fruit	14 Roast Beef Boiled Potato Carrots Fruit	15 Macaroni Hotdish Side Salad Garlic Bread Fruited Jello	16 Tuna Sandwiches Chips Salad Fresh Fruit	17 Baked Chicken Cheesy Cauliflower Fruit
20 <i>ELDERS DAY OUT</i> <b>No Meals</b>	21 Sweet & Sour Pork Brown Rice Steamed Broccoli Mandarin Oranges	22 Chicken Quesadilla Macaroni Salad Fruit	23 Tuna Noodle Casserole Dinner Roll Side Salad Fruit	24 <b>Ft. Totten Days</b>  <b>No Meals</b>
27 <b>Ft. Totten Days</b>  <b>No Meals</b>	28 Liver and Onions Roasted Potato Fruit	29 Chicken & Dumpling Soup Egg Salad Sandwich Fruit	30 Fish Tacos with Lettuce, Tomatoes, Cheese Potato Salad Fruit	31 Ham & Mushroom Omelet Hash brown Whole Wheat Toast Orange Juice

Nutrition Requirements: Meat/Protein : 2-3oz, Vegetable: 1/2 cup,  
Fruit: 1/2 cup, Margarine : 1 tsp, Whole Wheat bread: 1 slice, 1% Milk: 1 cup

Prepared by:  
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