


July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
7/2 BBQ Meatballs Potato Wedges Spinach Diced Peaches	7/3 Garlic Basil Chicken Brown Rice Capri Blend Vegetables Fresh Orange	7/4 	7/5 Meat Lasagna Italian Vegetables Diced Pears	7/6 Turkey & Provolone Sandwich Carrot Raisin Salad Corn Chips Tropical Fruit
7/9 Macaroni, Beef & Tomatoes Sliced Carrots Mixed Fruit	7/10 Ham w/Pineapple Sauce Au Gratin Potatoes Brussel Sprouts Mandarin Oranges	7/11 Lemon Pepper Chicken Rice Pilaf California Vegetables Diced Pineapple	7/12 Meatloaf Mashed Potatoes Green Beans Applesauce	7/13 Southwest Chicken Salad Fresh Orange Vanilla Pudding
7/16 Salisbury Steak Mashed Potatoes Peas Mixed Fruit	7/17 Chicken Cacciatore Rice Pilaf Mixed Vegetables Diced Pears	7/18 Baked Tilapia Potato Wedges Broccoli Spears Diced Pears	7/19 Ravioli w/ Meat Sauce Italian Vegetables Diced Peaches	7/20 Tuna Salad Sandwich Potato Chips Side Green Salad Fresh Pear
7/23 Swedish Meatballs Mashed Potatoes Green Beans Applesauce	7/24 Italian Roasted Chicken Rice Pilaf Diced Carrots Apricot Halves	7/25 Chicken Caesar Salad Hard Boiled Egg Fresh Orange	7/26 Cheese Enchiladas Spanish Rice Ranch Style Beans Tropical Fruit	7/27 Hamburger Coleslaw Potato Chips Mixed Fruit
7/30 Chicken Fried Steak Mashed Potatoes Capri Blend Vegetables Applesauce	7/31 BBQ Chicken Baked Beans Spinach Mandarin Oranges			

Milk, bread and margarine served at every meal

Menus may be subject to change

All Meals Funded By Office On Aging 1-800-510-2020

Reservations may be made at Sodexo Main Office: 951-827-3613 by 2pm the day before

Temecula	951-694-6464	Murrieta	951-461-6123	Goeske	951-351-8801	Mead Valley	951-210-1580
Villegas	951-351-6142	Lake Elsinore	951-471-3571	Rubidoux	951-369-7276	Good Hope	951-943-9126
Stratton	951-826-5355	Corona	951-736-0367	Norco	951-270-5638		

If you have any question regarding the meal please contact Sodexo at 951-827-3613 and speak with Darla Ray. If you have any questions for Sodexo Registered Dietitian please contact Vanh Bender at Vanh@healthylivingconsulting.net.