# Neighborhood House 309-674-1131

**JULY 2023**

(Meals are subject to change)

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Lemon chicken Carrots Green Beans WG Roll Hot Cin. Apples</td>
<td>4</td>
<td>CLOSED INDEPENDENCE DAY</td>
<td>5 Beef Hot Dogs Baked Beans Corn WG Bun Peaches</td>
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<tr>
<td>10</td>
<td>Hamburger patty Mixed vegetables Beets WG Bun Apple</td>
<td>11</td>
<td>Chicken Parmesan Broccoli Carrots WG Roll Mandarin Oranges</td>
<td>12 B.B.Q. Meatballs Green Beans Cauliflower WG Bun Pineapple</td>
</tr>
<tr>
<td>17</td>
<td>Sloppy joe Green beans Carrots WG Bun Orange</td>
<td>18</td>
<td>Chicken Taco Lettuce/Tomato/Cheese Black Beans Corn WG Tortilla Peaches</td>
<td>19 Meatball Marinara Beets Broccoli WG Bun Pineapple</td>
</tr>
<tr>
<td>31</td>
<td>Beef Tenderloin Green Beans Corn WG bun Orange</td>
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</tbody>
</table>

**Meal Components**

- **3 oz. serving meat /protein**
- **1 1/2 cups vegetable and/or fruit**
- **2 servings grain**
- **8oz low fat milk**

**Guests/Private Pay $6.00**

**Recommended Donation for Home Delivery & Congregate Programs $3.00**

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**Tremont**

*** Cold Meal will Be delivered 7/3 Mixed Lettuce Diced Ham Cheese/Tomato/Onion/Craisins WG Roll Peaches

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