

Neighborhood House 309-674-1131

JULY 2024

(Meals are subject to change)

	Mon	Tue	Wed	Thu	Fri	
Milk is included in all meals Meal Components <ul style="list-style-type: none"> • 3 oz. serving meat /protein • 1 1/2 cups vegetable and/or fruit • 2 servings grain • 8oz low fat milk Guests/Private Pay \$7.00 Recommended Donation for Home Delivery & Congregate Programs \$5.00	1 Hamburger Patty Green beans Corn WG Bun Orange	2 Lemon Chicken Broccoli Beets WG Roll Peaches	3 Hot Dog Baked Beans Carrots WG Bun Hot Cin. Apples	4 CLOSED INDEPENDENCE DAY	5 Fish Patty Cauliflower Peass WG Bun Banana	Tremont Hopedale Pekin Washington Heartland Apt. *** Cold Meal will Be delivered 7/3 Mixed Lettuce Diced Ham Shredded Cheese Diced Tomatoes Onion/ Craisins WG Roll Mandarin Oranges
	8 B.B.Q. Meatballs Broccoli Beets WG Bun Apple	9 Chicken Parmesan Carrots Green beans WG Roll Pineapple	10 Pork Riblet Sweet Potatoes Corn WG Bun Pears	11 Beef Tenderloin Cauliflower Mixed Vegetables WG Bun Peaches	12 Chicken Nuggets Tater Tots Peas Banana	
	15 Pulled Pork Green Beans Beets WG Buns Orange	16 B.B.Q. Chicken Brussel Sprouts Corn WG Roll Peaches	17 Sloppy Joe Cauliflower Mixed Vegetables WG Bun Pineapple	18 Sausage Patty WG Bagel Stewed Tomatoes Broccoli Applesauce	19 Chicken Tenders Mashed Potatoes/Gravy Carrots Banana	
	22 Pork Tenderloin Lima Beans Cauliflower WG Bun Apple	23 Chicken Taco Lettuce/Cheese/Tomato Black Beans Corn WG Tortilla Tropical Fruit	24 Meatball Marinara Green Beans Carrots WG Bun Peaches	25 Macaroni & Cheese Broccoli Beets Pears	26 Pulled Pork Sweet Potatoes Mixed Vegetables WG Bun Banana	
	29 Chicken Patty Green beans Beets WG Bun Orange	30 Beef Taco Lettuce/Cheese/Tomato Refried Beans Corn WG Tortilla Pineapple	31 Polish Sausage Sauer Kraut Carrots WG Bun Pears			