




SALERNO'S CONGREGATE MENU FOR AGING CARE CONNECTIONS – JULY 2024



VEGGI									
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1-Jul		2-Jul		3-Jul		4-Jul		5-Jul	
SLOPPY JOE'S - 3 OZ ON A BUN POTATO SALAD - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.		BLT SANDWICH, BACON, TOMATO, LETTUCE CHIPS FRUIT - 1/2 C MILK - 8 OZ.		TUNA SALAD - 3 OZ PASTA SALAD - 1/2 C CRACKERS FRUIT - 1/2 C MILK - 8 OZ.		CLOSED 		CHEESE BURGER W/ LETTUCE, TOMATO, ONION POTATO WEDGES- 1/2 C FRUIT - 1/2 C MILK - 8 OZ.	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8-Jul		9-Jul		10-Jul		11-Jul		12-Jul	
SPAGHETTI - 1/2 C W/MEATBALLS - 3 OZ. VEGGI - 1/2 C FRUIT - 1/2 C MILK - 8 OZ. BREAD 4 OZ.		JULIAN SALAD W/HAM, TURKEY, CHEESE, TOMATOES- 2 OZ. EA BREAD 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.		CHICAGO STYLE HOT DOG FRIES - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.		CHICKEN VESUVIO W/EX SAUCE - 3 OZ. VESUVIO POTS - 1/2 C W/ EX SAUCE BREAD 4 OZ. FRUIT CUP - 1/2 C MILK - 8 OZ.		SAUSAGE PIZZA W/ EX THIN CRUST - 3 OZ. FRUIT - 1/2 C MILK - 8 OZ.	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
15-Jul		16-Jul		17-Jul		18-Jul		19-Jul	
SAUSAGE SANDWICH - 3 OZ MAC & CHEESE - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.		EGGPLANT PARMESAN -3 OZ VEGGI - 1/2 C BREAD - 4 OZ. MILK - 8 OZ.		GRILLED PORK CHOP - 3 OZ MASHD POTATOES - 1/2 C VEGGI -1/2 C FRUIT - 1/2C MILK - 8 OZ.		BBQ CHICKEN - 3 OZ POTATO WEDGES - 1/2 C BREAD - 4 OZ. FRUIT - ½ CUP MILK - 8 OZ.		TURKEY CLUB -3 OZ W/ LETTUCE, TOMATO & BACON CHIPS FRUIT - 1/2C MILK - 8 OZ.	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
22-Jul		23-Jul		24-Jul		25-Jul		26-Jul	
RAVIOLI W/MEAT SAUCE - 1/2 C VEGGI - 1/2 C BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.		ITALIAN SUB SANDWICH - 3 OZ LETTUCE, TOMATOES & CHEESE TURKEY, HAM, SALAMI FRUIT - 1/2C MILK - 8 OZ. CHIPS		PIZZA BREAD W/ RED SAUCE & CHEESE CARROTS & CELERY STICKS - 1/2 C FRUIT - 1/2C MILK - 8 OZ.		CHICKEN ALFREDO - 3- OZ VEGGI - 1/2 C BREAD - 4 OZ FRUIT - 1/2C MILK - 8 OZ.		BEEF SAND SERVED OPEN FACE ON BREAD - 3 OZ. MASHED POTATOES & GRAVY 1/2 C VEGGIE 1/2 C FRUIT - 1/2C MILK - 8 OZ.	
MONDAY		TUESDAY		WEDNESDAY					
29-Jul		30-Jul		31-Jul					
VEGGIE PIZZA , GR PEPPER, ONION CHEESE, EXTRA THIN CRUST - 3 OZ. FRUIT - 1/2 C MILK - 8 OZ.		BOW TIE PASTA PRIMAVERA - 3 OZ VEGGI - 1/2 C BREAD - 4 OZ. FRUIT ½ CUP MILK - 8 OZ.		CHOPPED SALAD W/ CHICKEN, BLUE CHEESE, TOMATOES, BACON, BLK OLIVES, EGG - 2 OZ EA FRUIT ½ CUP MILK - 8 OZ. CRACKERS		This menu is approved for use by title IIIC Nutrition Site Use. K. Leicht, RD LDN MBA		MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS SUGGESTED DONATION \$3 TO RESERVE A LUNCH CALL 708-603-2269 BEFORE 4 PM ON THE PREVIOUS DAY LEAVE A MESSAGE PICK UP IS 11:30-1	