

JULY 2024



CALL 925-646-2598 BY NOON  
AT LEAST ONE BUSINESS DAY  
IN ADVANCE TO RESERVE A MEAL!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7/1</b>	<b>7/2</b>	<b>7/3</b>	<b>7/4</b>	<b>7/5</b>
+ Hot Dog w/Cheese, Onions, Ketchup, and Mustard Potato Salad 3 Bean Salad w/ <u>Carrots</u> Whole Grain Bun C Fresh Orange	Breaded Fish w/Tartar Sauce and Cheese on a Whole Wheat Bun Split Pea Soup <u>Mixed Vegetables</u> C Juice Brownie	Creamy Mushroom Chicken Cream of Broccoli Soup C Mashed Potatoes Stewed Tomatoes Roll w/Butter Seasonal Fresh Fruit	<b>INDEPENDENCE DAY HOLIDAY</b>	<b>MARTINEZ CAFÉ CLOSED</b>
<b>7/8</b>	<b>7/9</b>	<b>7/10</b>	<b>7/11</b>	<b>7/12</b>
Tuna Salad Sandwich w/Lettuce, Tomato, Onion on WW Bread Tomato Basil Soup C Coleslaw w/ <u>Carrots</u> Seasonal Fresh Fruit	Turkey Tetrazzini Stewed Tomatoes <u>Italian Vegetables</u> C Tropical Fruit Ice Cream	Pork Loin w/Creamy Dijon Sauce C Garlic Whipped Potatoes C Brussels Sprouts Whole Wheat Roll w/Butter <u>Apricots</u>	Spaghetti w/Meatballs w/Parmesan Cheese C California Vegetables Tossed Salad w/Dressing Seasonal Fresh Fruit	Orange Glazed Chicken Asian Cabbage Soup <u>Peas &amp; Carrots</u> Brown Rice C Juice Sherbet
<b>7/15</b>	<b>7/16</b>	<b>7/17</b>	<b>7/18</b>	<b>7/19</b>
Roasted Chicken w/Gravy C Mashed Potatoes <u>Bean Medley</u> Whole Wheat Roll w/Butter C Juice Cookie	Seafood Louie Salad over Mixed Greens w/1000 Island Dressing Cannellini Bean Soup Whole Wheat Roll w/Butter C Mandarin Oranges	Cheesy Lasagna Roll Ups w/Marinara Sauce Minestrone Soup C California Vegetables Tossed Salad w/Dressing Seasonal Fresh Fruit	Sweet & Sour Pork Brown Rice Green Beans <u>Carrot Raisin Salad</u> C Citrus Fruit Fortune Cookie	Turkey Divan Buttered Noodles <u>Scandinavian Vegetables</u> C Cauliflower Seasonal Fresh Fruit
<b>7/22</b>	<b>7/23</b>	<b>7/24</b>	<b>7/25</b>	<b>7/26</b>
Baked Tilapia w/Creamy Florentine Sauce C Broccoli & Cauliflower <u>Carrots</u> Brown Rice Seasonal Fresh Fruit	Sesame Pork Asian Noodle Soup C Cabbage Confetti Brown Rice Seasonal Fresh Fruit Pudding	Salisbury Steak w/Gravy C Mashed Potatoes <u>Mixed Vegetables</u> Whole Wheat Roll w/Butter Fruited Gelatin	+ Turkey & Swiss Cheese Sandwich w/Lettuce, Tomato, Onion, Mayo, and Mustard on Whole Wheat Bread Hearty Vegetable Soup Marinated Beets & Onions C Tropical Fruit	Chicken Piccata Whole Grain Garlic Pasta <u>Italian Vegetables</u> Tossed Salad w/Dressing C Fresh Orange
<b>7/29</b>	<b>7/30</b>	<b>7/31</b>		
Beef Fajitas w/Peppers & Onions Pinto Beans Spanish Brown Rice C Mandarin Oranges Cookie	Chicken Cacciatore over Whole Grain Rotini <u>Spinach</u> C California Vegetables Seasonal Fresh Fruit	Turkey Enchilada Casserole w/Salsa Mexicali Corn C Cilantro Coleslaw w/ <u>Carrots</u> Seasonal Fresh Fruit Brownie		

All meals served with lowfat milk.

2 DAILY ALTERNATIVE ENTREE CHOICES:  
VEGETARIAN OR FEATURED ENTRÉE SALAD  
(ITALIAN SALAD W/SALAMI,  
PEPPERONCINIS, OLIVES, AND CHEESE).

Vitamin A  
C Vitamin C

+ Higher in sodium