



Senior Nutrition Program

Noon Meal Menu –July 2026

Serving all 17 counties. Subject to change. *Participants are responsible to comply with their own dietary restrictions.*

For individuals age 60+ and their spouse of any age, there is a suggested contribution of \$5. Individuals younger than 60 must pay the full meal charge as posted at the Nutrition Center unless otherwise eligible.

Monday	Tuesday	Wednesday	Thursday	Friday
Menus Are Subject to Change Nutritional's: Menus provide 1/3 of the current Dietary Reference Intakes for individuals ages 60+. *Dine-In Choices not available in all areas. **For Cooks Reference.	Carbohydrate Education information available upon request. All meals served with; 8 oz. milk, 1 whole wheat sl. bread unless other bread item noted, & 1 slice of margarine.	1) ½ c Rustic Penne Marinara 3 Italian Meatballs w/sauce ½ c Broccoli ½ c Fruit 1 sl. Wheat Bread 1 Oatmeal Raisin Cookie	2) Holiday Meal 4oz. BBQ Pork on Bun Corn on the Cob ½ C Creamy Cole Slaw 1 Cup Watermelon 1 Ice Cream Bar	3) Independence Day All Nutrition Centers in this menu area will be closed. Contact your local nutrition center for options
6) 4oz Turkey Bolognese 4oz Bowtie Pasta ½ c Broccoli ½ c Fruit 1 Wheat Dinner Roll 1 Cookie	7) 3oz Braised Beef Pot Roast w/gravy ½ c Whipped Potatoes w/gravy ½ c Herb Carrots ½ c Applesauce 2 sl. Wheat Bread	8) Chicken & Dumplings over 2 oz Whipped Potatoes ½ c Green Beans w/Red Peppers 1 Parmesan Breadstick ½ c Peach Blueberry Crumble	9) 1 Cheeseburger/Wheat Bun Lettuce/Tomato Mayo/Mustard ½ c Tater Tots ½ c Peas & Carrots ½ c Fruit	10) All Nutrition Centers in this menu area will be closed. Contact your local nutrition center for options
13) 3 oz BBQ Pulled Pork 1 Wheat Bun ½ c Baked Beans ½ c Mixed Veggies ½ Cole Slaw ½ c Mandarin Oranges	14) 4 oz Chicken Cacciatore 4 oz Penne ½ c California Veggies ½ c Fruit 1 sl. Pound Cake 1 sl. Wheat Bread	15) Cook's Choice with Dessert 3oz Sloppy Joe 1 Wheat Bun ½ c Tater Tots ½ c Corn ½ c Applesauce ½ c Ice Cream 1 Cupcake Nutritionals not available	16) 4oz Beef Stroganoff 4oz Egg Noodles ½ c Carrots ½ c Peaches 1 Wheat Dinner Roll ½ c Vanilla Pudding	17) All Nutrition Centers in this menu area will be closed. Contact your local nutrition center for options
20) 3 Chicken Tenders ½ c Carrots ½ c Tater Tots ½ c Fruit 1 sl. Wheat Bread	21) 8 oz Beef & Noodles ½ c Whipped Potatoes ½ c Green Beans ½ c Fruit 1 Cookie	22) 8oz Chicken Pot Pie (no crust) ½ c Green Beans ½ c Pineapple 2 Wheat Dinner Roll 1 Sl. Angel Food Cake	23) 6 oz Chili Baked Potato ½ c Pasta Salad ½ c Fruit 1 sl. Wheat Bread 1 pc. Brownie	24) All Nutrition Centers in this menu area will be closed. Contact your local nutrition center for options
27) 3oz Farmer's Meatloaf ½ c Whipped Potatoes w/gravy ½ c Corn 2 sl. Wheat Bread 1 Sugar Cookie	28) Open Faced Roast Beef Sandwich 1/2 c Whipped Potatoes w/gravy 1/2 c Peas & Carrots 2 sl. Wheat Bread ½ c Peach Cobbler	29) 3oz BBQ Chicken 1 Wheat Bun ½ c Oven Roasted Herbed Red Potatoes ½ c Corn ½ c Coleslaw ½ c Tropical Fruit	30) Cook's Choice with Dessert 8oz Goulash ½ c Corn ½ c Pears 1 Garlic Breadstick ½ c Vanilla Ice Cream 1pc Brownie Nutritionals not available	31) All Nutrition Centers in this menu area will be closed. Contact your local nutrition center for options

Please Call for required reservations 1-2 days in advance.