

# Friendly Fork Daily Menu

## July 2025

Tuesday, July 1	Salmon with Lemon Basil Tartar Sauce, Diced Sweet Potatoes, Steamed Carrots, Fresh Strawberry Fruit Salad, Banana Chia Pudding
Wednesday, July 2	Krautburger with Side of Mustard, Spinach & Mushroom Salad with Balsamic Vinaigrette, Fresh Strawberries
Thursday, July 3	Closed
Friday, July 4	Closed – Happy Independence Day!
Monday, July 7	Austrian-Style Pork over Mashed Potatoes, Green Bean Almondine*, Fresh Pineapple
Tuesday, July 8	Hamburger on Wheat Bun with Onion, Lettuce, Tomato, Mustard, Mayo, Ketchup, Broccoli Sundried Tomato Salad, Diced Cantaloupe
Wednesday, July 9	Chicken & Mushroom Stroganoff, Cheesy Breadstick, Roasted Brussels Sprouts, Side of Malt Vinegar, Fresh Melons & Blueberries
Thursday, July 10	Chicken Breast with Gravy, Baked Sweet Potato with Butter, Farmer's Market Vegetable Medley, Diced Honeydew
Friday, July 11	Beef Pot Pie, Corn, Steamed Zucchini, Orange Slices, Gelatin Parfait*
Monday, July 14	Chicken Salad on Sunflower Panini Bread* with Lettuce & Tomato, Caribbean Pasta Salad, Apple & Beet Salad with Walnuts*
Tuesday, July 15	Sloppy Joe on Wheat Bun, German Potato Salad, Asparagus with Parmesan Cheese, Fresh Strawberries
Wednesday, July 16	Beef Meatballs & Gravy over Egg Noodles, California Blend Vegetables, Diced Cantaloupe, Blueberry Cheesecake Bar

Thursday, July 17	Pork Carnitas on a Wheat Tortilla with Slaw, Salsa & Guacamole, Kale / Sweet Potato / Corn Salad, Diced Watermelon
Friday, July 18	Turkey & Cheese Sandwich on Wheat with Mustard & Mayo, 3 Bean Salad, Kale & Butternut Squash Salad, Apricots
Monday, July 21	Beef & Mushroom Meatloaf, Mashed Potatoes & Gravy, Italian Vegetable Blend, Apple Slices with Peanut Butter*
Tuesday, July 22	New England Clam Chowder, Wheat Roll with Butter, Tossed Vegetable Salad with Chicken & Caesar Dressing, Orange Slices
Wednesday, July 23	Diced Lemon Chicken Thigh with Gravy, Vegetable Lentil Pilaf, Roasted Zucchini / Mushroom / Peppers, Banana
Thursday, July 24	Kansas City BBQ Beef, Baked Beans, BLT Side Salad, Mandarin Oranges & Grapes
Friday, July 25	Chicken Teriyaki, Fried Rice, Asian Vegetable Blend, Low-Sodium Soy Sauce, Fresh Pineapple, Almond Cookie*
Monday, July 28	Chicken Fajitas on a Wheat Tortilla with Sour Cream & Pico de Gallo, Peppers & Onions, Diced Watermelon, Pumpkin Sugar Cookie
Tuesday, July 29	Spaghetti Bolognese with Beef, Pork, Mushrooms & Parmesan, Herb Breadstick, Green Beans with Bacon, Diced Honeydew
Wednesday, July 30	Pork Loin with Parmesan Sage Sauce, Scalloped Potatoes, Sautéed Cabbage, Orange Slices
Thursday, July 31	Tilapia with Pineapple Pico de Gallo, Brown Rice with Pepitas*, Creamy Cilantro Coleslaw, Watermelon & Feta Salad, Apple Crisp

All meals include 2% milk.

\*Indicates menu item contains nuts or may not be suitable for individuals with a nut or seed allergy

