July 2025 Menu

Salt Lake County **AGING & ADULT SERVICES**

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Meatloaf Mashed Potatoes w/Brown Gravy Mixed Green Salad Fresh Fruit	**Ground Turkey Lasagna** Garlic Bread Mixed Green Salad Mixed Fruit Fesh Baked Cookie	**BBQ Pulled Pork Sandwich** Coleslaw Fresh Fruit Sherbet	**Independence Day** **Center Closed**
7	8	9	10	11
Chicken Lo Mein Mixed Vegetables Mixed Fruit Pudding	**Pork Chop w/Gravy** Au Gratin Potatoes Mixed Green Salad Applesauce	**Chili Baked Potato** Steamed Broccoli Fesh Fruit Gelatin	**Baked Fish** Rice Pilaf Whole Wheat Roll Steamed Vegetables Fesh Fruit	**Chicken Salad Sandwich** Macaroni Salad Mixed Green Salad Fresh Fruit Sherbet
14	15	16	17	18
Baked Chicken w/ Cordon Bleu Sauce White Steamed Rice Green Bean Casserole Mixed Fruit Fresh Baked Cookie	**Spaghetti w/Meat Sauce** Garlic Bread Steamed Vegetables Fresh Fruit	**BBQ Chicken Thigh Sandwich** Mixed Green Salad Mixed Fruit Ice Cream	**Salisbury Steak** Mashed Potatoes w/Beef Gravy Steamed Vegetables Fresh Fruit	**Teriyaki Chicken** Brown Rice Mixed Green Salad Mixed Fruit Pudding
21	22	23	24	25
Turkey & Swiss Sandwich Mixed Green Salad Fresh Fruit Sherbet	**Baked Fish w/ Roasted Tomatoes & Garlic** Rice Pilaf Steamed Vegetables Mixed Fruit	**Cheeseburger** Coleslaw Fresh Fruit Fresh Baked Cookie	**Pioneer Day** **Center Closed**	**Chicken Alfredo** Steamed Vegetables Mixed Fruit Gelatin
28	29	30	31	
Chicken Ceasar Wrap Cucumber Tomato Salad Fresh Fruit Ice Cream	**Curry Chicken** Jasmine Rice Steamed Vegetables Fresh Fruit	**Beef Stroganoff** Peas Fresh Fruit Pudding	**Pork Chop w/Garlic Herb Sauce** Baked Potato Mixed Green Salad Whole Wheat Roll Fresh Fruit	

Some items may be subject to change due to product availability | All meals served with 8 oz milk and appropriate condiments
Average calories per meal range from 666-733 calories