

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| | | (1) Baja Fish Taco (29) Corn & Beans (14) Southwest Coleslaw (14) Peanut Butter Cookie (20) | (2) Connies Veggie Cheese Soup (14) Mixed Veggies (11) Strawberries (6) Raspberry Jello (24) | (3)  |
| (6) Scrambled Eggs (3) Sausage Links (0) Redskin Potatoes (13) Cheese Danish (17) | (7) Dutch Chicken (8) Cheesy Mashed Potatoes (14) Peas & Carrots (9) Blueberries (8) Oatmeal Raisin Cookie (23) | (8) Hungarian Pork Chop (7) Mashed Potatoes (17) Green Beans (5) Malibu Mix (13) | (9) Tortellini Bake (31) Southern Succotash (20) Garlic Knots (18) Tropical Fruit Salad (21) | (10) Pulled Chicken BBQ Sandwich (35) Hamburg Bun (25) Kyoto Blend Veggies (9) Chocolate Chip Cookie (27) |
| (13) Cod Fish Filet (16) Hamburg Bun (25) Baked Potato (24) Diced Carrots (7) | (14) White Bean Chicken Chili (26) Corn & Beans (14) Diced Pears (16) | (15) Saucy Veal Parmesan (21) Spaghetti (20) Green Beans (5) Grapes (13) | (16) Chicken Fingers (16) Down Home Fries (5) Broccoli Florets (0) Strawberries (0) | (17) Meatball Stroganoff (27) Buttered Noodles (43) Kyoto Blend Veggies (9) |
| (20) BBQ Chicken Breast (18) Redskin Potatoes (13) Green Beans (5) Pineapple Orange Delight (31) Garlic Knots (18) | (21) Chicken Enchiladas (20) Corn & Beans (14) Spanish Rice (25) Clementine (9) | (22) Hamburger Gravy (1) Mashed Potatoes (17) Brussel Sprouts (7) Applesauce (23) | (23) Roasted Pork Loin (0) Mashed Potatoes (17) Pork Gravy (2) Peas & Carrots (8) Chocolate Pudding (25) | (24) Turkey Pot Pie (20) Diced Carrots (7) Blueberry Crisp (53) |
| (27) Philly Beef Sandwich (5) Hot Dog Bun (19) Fries (15) Rivera Veggies (6) Apple (29) | (28) Chicken Cordon Bleu (12) Sweet Potatoes (22) Mixed Veggies (11) Ranger Cookie (25) | (29) Beef Pot Roast (2) Mashed Potatoes (17) Green Beans (5) Bananas (27) | (30) Spanish Rice with Meat (26) Broccoli Florets (4) White Chocolate Raspberry Cookie (28) | (31) Sweet and Sour Pork (31) Brown Rice (16) Brussel Sprouts (7) Chocolate Pudding (25) |

All meals at the Activity Centers served with 2% milk (13). Number next to the menu item indicates carbohydrate count.

Be advised menu items may contain nuts.

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

JULY 2026

Bay County Department on Aging – (989) 895-4100

HDM/CONGREGATE MENU

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