

# Dignity Health Connected Living Menu

July–September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>7/1, 8/5, 9/9</b> Beef Patty w/ French Onion & Mushroom Sauce <u>Whipped Potatoes</u> Whole Wheat Bread Pineapple Tidbits Milk Margarine	<b>7/2, 8/6, 9/10</b> Chicken Thigh w/ Dill Sauce Broccoli Stewed Tomatoes Brown Rice <u>Fresh Orange</u> Milk	<b>7/3 (Special), 8/7, 9/11</b> Meatloaf w/ Gravy <u>Garlic Whipped Potatoes</u> *Peas, Carrots, Mushrooms Whole Wheat Roll Fresh Banana Milk Margarine	<b>7/4 (Closed), 8/8, 9/12</b> Oven Fried Chicken Breast w/ Lemon Apricot Sauce <u>*California Vegetable Blend</u> Whole Grain Penne Pasta Fresh Banana Milk	<b>7/5, 8/9, 9/13 (Special)</b> Cheese Tortellini w/ Marinara *Spinach Whole Grain Breadstick <u>Applesauce</u> Milk
<b>7/8, 8/12, 9/16</b> Baked Beef Meatballs <b>New!</b> w/ Honey Ginger Glaze *Spinach Brown Rice <u>Tropical Fruit</u> Milk	<b>7/9, 8/13, 9/17</b> Breaded Chicken Cacciatore *4-Way Vegetable Blend Whole Grain Rotini Pasta <u>Fresh Orange</u> Milk	<b>7/10, 8/14, 9/18</b> Beef Patty w/ Gravy and Vegetables <u>Whipped Potatoes</u> Whole Wheat Bread Hot Cinnamon Applesauce Milk Margarine	<b>7/11, 8/15, 9/19</b> Chicken Breast <b>New!</b> w/ Tarragon Sauce Rosemary Red Potatoes <u>Brussels Sprouts</u> Whole Wheat Roll Fresh Banana Milk Margarine	<b>7/12, 8/16, 9/20</b> Sliced Turkey & Swiss Cheese Sandwich w/ *Spinach Cilantro Coleslaw Whole Wheat Bread (2) <u>Mandarin Orange &amp; Pineapple</u> Milk Mayonnaise & Mustard
<b>7/15, 8/19, 9/23</b> Swiss Steak <u>Whipped Potatoes</u> *Sliced Carrots Whole Wheat Bread Pears Milk Margarine	<b>7/16, 8/20, 9/24</b> Zesty Baja Salad Coleslaw Whole Grain Tortilla Chips <u>Fresh Orange</u> Milk	<b>7/17, 8/21, 9/25</b> Creole Steak <u>Whipped Potatoes</u> Cauliflower & Peas Multi-Grain Bread Fresh Banana Milk Margarine	<b>7/18, 8/22, 9/26</b> Oven Fried Chicken Florentine w/ Cream & Spinach Sauce *Mixed Vegetable Blend Whole Grain Penne Pasta <u>Mandarin Orange &amp; Pineapple</u> Milk	<b>7/19, 8/23, 9/27</b> Turkey Breast w/ Gravy <u>Whipped Potatoes</u> *California Vegetable Blend Whole Wheat Stuffing Fresh Banana Milk
<b>7/22, 8/26, 9/30</b> Oven Fried Chicken Thigh w/ Creamy Tomato Sauce w/ Parmesan Cheese <u>Cauliflower &amp; Broccoli</u> Whole Grain Penne Pasta Pineapple Tidbits Milk	<b>7/23, 8/27, 10/1</b> Salisbury Steak w/ Onion Gravy Garlic Whipped Potatoes *Peas & Carrots Whole Grain Breadstick <u>Fresh Orange</u> Milk	<b>7/24, 8/28, 10/2</b> Meatball Sub w/ Marinara Sauce Mozzarella Cheese <u>California Vegetable Blend</u> Whole Wheat Hot Dog Bun Applesauce Milk	<b>7/25, 8/29, 10/3</b> Chicken Breast w/ Teriyaki Sauce *Sliced Carrots <u>Asian Coleslaw</u> Brown Rice Fresh Banana Milk	<b>7/26, 8/30, 10/4</b> Italian Chicken Pasta Salad w/ *Spinach Whole Wheat Roll <u>Tropical Fruit</u> Milk Margarine
<b>7/29, 9/2 (Closed)</b> Honey Mustard Chicken *4-Way Vegetable Blend Brown Rice Florentine <u>Fresh Orange</u> Milk	<b>7/30, 9/3</b> Smothered Meatballs <u>Whipped Potatoes</u> *Spinach Whole Wheat Bread Fresh Banana Milk Margarine	<b>7/31, 9/4</b> Omelet w/ Shredded Cheese and Salsa Fall Vegetable Hash Whole Wheat Bread <u>Applesauce</u> Milk Jelly	<b>8/1, 9/5</b> Oven Fried Chicken Thigh <b>New!</b> w/ Lemon Caper Sauce *Herbed Carrots Brown Rice <u>Mandarin Oranges</u> Milk	<b>8/2, 9/6</b> Breaded Chicken Cordon Bleu Green Beans w/ Red Pepper Whole Grain Penne Pasta <u>Fresh Orange</u> Milk
<b>Independence Day Special</b> Beef Hamburger Patty <u>California Vegetable Blend</u> Potato Wedges Whole Wheat Hamburger Bun Milk Cake w/ Strawberry Whip Lettuce & Tomato  <b>7/3</b>	<b>Oktoberfest Special</b> Smoked Sausage w/ Mustard <u>Cabbage w/ Carrots</u> Three Bean Salad Whole Wheat Hot Dog Bun Fresh Banana Milk Cookie <b>9/13</b>		<u>Vitamin C (25 mg)</u> *Vitamin A (3x per Week)	 <b>TRIO</b> Community Meals an elior company

More than 1,000 mg sodium

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