

All meals must be ordered
no later than 9:00 a.m. the day prior.

Contact Diane Smith at
[515] 835-2090 and
leave a message with
your name and quantity
of meals you desire.

CONNECTIONS AAA

J U L Y

*All meals include a Beverage Mix

| TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|
| 1 Chicken Berry Almond Salad Pasta Salad Waverly Crackers (2) Fresh Seasonal Fruit Ranch Salad Dressing | 2 Sweet & Sour Chicken Stir Fry Vegetables Fried Rice Fortune Cookie Mandarin Oranges | 3 <i>Independence Day</i> BBQ Chicken Oven Roasted Potatoes Baked Beans Hamburger Bun Blondie | 4 <i>Closed</i> |
| 7 Glazed Ham Mashed Sweet Potatoes Broccoli Florets Dinner Roll Pudding Margarine | 8 Pork Loin Brown Gravy Whipped Potatoes Peas & Carrots Biscuit Cinnamon Applesauce Margarine | 9 Baked Chicken Poultry Gravy Whipped Potatoes Whole Kernel Corn Multi-Grain Bread Cookie Margarine | 10 Beef Patty Pickle Slices Sliced Cheese Baked Beans Roasted Red Potatoes Hamburger Bun Lemon Bar Ketchup/Mustard |
| 14 Roast Beef Brown Gravy Whipped Potatoes Stewed Tomatoes Dinner Roll Brownie Frosting w/Sprinkles Margarine | 15 Polish Sausage w/Sauerkraut Scalloped Potatoes Sliced Carrots Hot Dog Bun Fluffy Fruit Salad Mustard | 16 Lasagna Casserole Tossed Salad Italian Mixed Vegetables Garlic Breadstick Pear Crisp Italian Dressing | 17 Open Faced Turkey Sandwich w/Gravy Whipped Potatoes Poultry Gravy Mixed Vegetables Whole Wheat Bread Peanut Butter Bar Margarine |
| 21 Baked Meatballs Brown Gravy Whipped Red Potatoes Green Beans Whole Wheat Bread Cookie Margarine | 22 Sloppy Joe Au Gratin Potatoes Mixed Vegetables Hamburger Bun Chocolate Crunch Bar | 23 Potato Crusted Pollock Macaroni & Cheese Green Peas Dinner Roll Fresh Seasonal Fruit Tartar Sauce | 24 Goulash Whole Kernel Corn Tossed Salad Whole Wheat Bread Peach Crisp Margarine Ranch Dressing |
| 28 Sweet & Sour Chicken Stir Fry Vegetables Fried Rice Mandarin Oranges Fortune Cookie | 29 Shredded Pork BBQ Sauce Roasted Red Potatoes Baked Beans Hamburger Bun Pudding | 30 Spaghetti Casserole Broccoli Florets Italian Mixed Vegetables Garlic Breadstick Cookie Margarine | 31 Country Fried Steak Country Gravy Whipped Potatoes Whole Kernel Corn Dinner Roll Applesauce Margarine |