

## Melrose – L&M Cafe – Senior Congregate Meal Site – July 2026 Menu

<p><i>Milk is served with every meal &amp; is part of the daily required nutrition plan.</i></p>	<p><b>**All Menus are subject to change.**</b></p>	<p><b>Wed 1</b> Cube Beef Steak Mashed Potatoes Cooked Cabbage Fruit</p>	<p><b>Thu 2</b> Fish Scalloped Potatoes Squash Coleslaw Fruit</p>	<p><b>Fri 3</b> <i>Holiday</i> <b>No Senior Meals</b> <b>ADRC Office Closed</b></p>
<p><b>Mon 6</b> Broasted Chicken Mashed Potatoes Broccoli Gelatin w/Fruit</p>	<p><b>Tue 7</b> Salmon Loaf Cream Potatoes Peas Fruit</p>	<p><b>Wed 8</b> Beef Stew w/Peas, Potatoes, Carrots, Rutabagas, Celery Over Biscuit Fruit</p>	<p><b>Thu 9</b> Fish Garlic Potatoes Squash Mixed Fruit 3 Bean Salad</p>	<p><b>Fri 10 HDM Only</b> Ham on Bun Potato Rounds Carrots Fruit</p>
<p><b>Mon 13</b> Chicken Noodle Hotdish with Peas And Carrots Gelatin w/Fruit</p>	<p><b>Tue 14</b> Meatloaf Scalloped Potatoes Stewed Tomatoes Fruit</p>	<p><b>Wed 15</b> Roast Beef Mashed Potatoes Broccoli Fruit</p>	<p><b>Thu 16</b> Fish Mixed Fruit Boiled Potatoes 3 Bean Salad Calif. Blend Veg</p>	<p><b>Fri 17 HDM Only</b> Roast Pork Mashed Potatoes Carrots Fruit</p>
<p><b>Mon 20</b> Broasted Chicken Mashed Potatoes Broccoli Gelatin w/Fruit</p>	<p><b>Tue 21</b> Sausage Scrambled Eggs Potato Pancake Tomato Juice Fruit</p>	<p><b>Wed 22</b> Roast Pork Mashed Potatoes Cooked Cabbage Fruit</p>	<p><b>Thu 23</b> Fish Cream Potatoes Beets Fruit 3 Bean Salad</p>	<p><b>Fri 24 HDM Only</b> Hamburger on Bun American Fries Carrots Fruit</p>
<p><b>Mon 27</b> Chicken Stir with Oriental Blend Veg Over Rice Gelatin w/Fruit</p>	<p><b>Tue 28</b> Liver &amp; Onions Mashed Potatoes Corn Fruit</p>	<p><b>Wed 29</b> Ring Bologna Cream Potatoes Peas Fruit</p>	<p><b>Thu 30</b> Fish Baked Potato Squash Coleslaw Fruit</p>	<p><b>Fri 31 HDM Only</b> Egg Salad Sandwich Potato Salad Spinach Salad Fruit</p>