



ACAP NUTRITION PROGRAM FOR THE ELDERLY

July 2019-FUNDED BY OFFICE FOR THE AGING OPERATED BY ACAP

1 HAMBURGER/BUN LETTUCE/TOMATO BAKED BEANS AMBROSIA	2 CHICKEN/ BISCUIT MASHED POTATO GREEN BEANS STRAWBERRIES	3 MICHIGAN HOT DOG/ BUN POTATO SALAD COOKIE	4 CLOSED HAPPY 4TH OF JULY	5 PORK CHOP/GR MASHED POTATO PEAS APPLESAUCE
8 BAKED FISH RICE PILAF SUMMER SQUASH	9 GRILLED CHICKEN /BUN LETTUCE/ TOMATO	10 MEATLOAF/GR MASHED POTATO CARROTS	11 CHEF SALAD HAM/TURKEY/EGG WHEAT DINNER ROLL	12 BBQ RIBS PASTA SALAD DINNER ROLL
15 BEEF STROGANOFF HERBED NOODLES WAX BEANS	16 SALISBURY STEAK/GR RICE SUMMER SQUASH	17 ROAST PORK/GR SWEET POTATO CAULIFLOWER	18 SPAGHETTI/ MEAT SAUCE TOSSED SALAD	19 CHICKEN SALAD /ROLL TOMATO/CUKE SALAD
22 ITALIAN SAUSAGE W/PEPPERS/ONIONS ROLL	23 BBQ CHICKEN MACARONI SALAD DINNER ROLL	24 HOT TURKEY/GR STUFFING MASHED POTATO	25 ROAST BEEF/GR. BOILED POTATO COLESLAW	26 BAKED HAM SCALLOPED POTATO SQUASH
29 HOMEMADE MEATBALL MAC/CHEESE DINNER ROLL BEETS	30 HAMBURGER /BUN LETTUCE/ TOMATO BAKED BEANS AMBROSIA	31 CHICKEN/BISCUIT MASHED POTATO GREEN BEANS STRAWBERRIES/	8/1 MICHIGAN HOT DOG / BUN POTATO SALAD COOKIE	