

JULY

2026 newsletter



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 	4 <i>Enjoy</i> INDEPENDENCE DAY
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29 	30	31	

St. Anthony Senior Center

1703 W. 10th St, Wilmington DE, 19805

302-421-3735

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About Our Center

HOURS OF OPERATION

Monday:

- 8:00 AM – 4:00 PM

Tuesday:

- 8:00 AM – 8:00 PM

Wednesday:

- 8:00 AM – 4:00 PM

Thursday:

- 8:00 AM – 5:00 PM

Friday:

- 8:00 AM – 4:00 PM

Saturday & Sunday:

- Closed

LOCATION

1703 W. 10th Street
Wilmington, DE 19805
*Located on the first floor of the
community center.*

Entrance is in the breezeway
between the Father Roberto
Center & The Antonian
Highrise.

TITLE VI NOTICE

St. Anthony Senior Center
operates its programs and
services without regard to
race, color, and national origin
in accordance with Title VI of
the 1964 Civil Rights Act. To
find out more about our
nondiscrimination obligations
or to file a complaint, please
contact us at (302) 421-3735.

Meet Our Team

Exec. Director – Kim Caputo

Senior Center

Senior Center Director – Lindsay Draper
Assistant Director – Elizabeth Negron

Senior Center Driver - Dexter Richardson
Janitorial - Tim Butler

Nutrition Services

Nutrition Site Manager – Brian Shaw

Contact

Main Office:
302-421-3735

Email: seniors@stanthonycenter.org

Website:
<http://stanthonycenter.org>

Stay Connected!

Follow us on Facebook!

<https://www.facebook.com/stanthonyseniors/>

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Happy Birthday

Bill Beaumont
Rose Cutrona
Theresa Gallagher
Jerry Geter
Janet Kline



Elizabeth Negron
Joanne Morrison
Raymond Russo
Eileen Silicato
Sharon Vietri

If we missed your birthday, don't let us get away with it—please let us know!

Let's Celebrate!

Join us on **Wednesday, July 29th, 2026** at 11:45 AM in the dining room to celebrate all of our July birthdays!

July Birthday Facts

Party Like A Patriot

Did you know?

- July is National Ice Cream Month! President Ronald Reagan officially designated July as National Ice Cream Month in 1984.
- July is typically the warmest month of the year in the Northern Hemisphere.
- People born in July are often said to have an optimistic outlook and a great sense of humor.

Birthstone: Ruby – A symbol of love, passion, courage, and good fortune. Rubies are believed to bring health and wisdom to those who wear them.

Birth Flowers: Larkspur and Water Lily

- Larkspur represents positivity, grace, and strong bonds.
- Water Lily symbolizes purity, peace, and rebirth.

Zodiac Signs:

- Cancer (June 21 – July 22): Caring, loyal, intuitive, and protective.
- Leo (July 23 – August 22): Confident, generous, creative, and warm-hearted.

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Director's Notes & Updates

As we welcome July, I hope you're finding time to enjoy the sunshine, spend time with loved ones, and make the most of everything summer has to offer. At St. Anthony's Senior Center, we're excited to continue offering programs that keep us active, engaged, and connected.

This month, you'll find plenty of opportunities to learn something new, stay healthy, and have fun, from wellness workshops and exercise classes to creative activities, trips, and gathering over lunch. Whether you're joining us for a favorite program or trying something for the first time, we're grateful to have you as part of our community.

As temperatures rise, please remember to stay hydrated, dress for the weather, and don't hesitate to check in on friends and neighbors. A small act of kindness can make a big difference.

Thank you for making our Senior Center such a welcoming place. Your enthusiasm, laughter, and support are what make this community so special. We look forward to spending another wonderful month with you!

Wishing you a safe, healthy, and happy July,
Lindsay Draper
Director, St. Anthony's Senior Center

P.S. Keep your ears and eyes open for new and upcoming programming!

Upcoming Closures

Happy
INDEPENDENCE
Day!

We will be closed on Friday, July 3rd, 2026.



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Help St. Anthony's Become Wilmington's Healthiest Senior Community!

This July, we're participating in the Wilmington City Council Senior Health & Fitness Challenge, and we need YOU on our team!

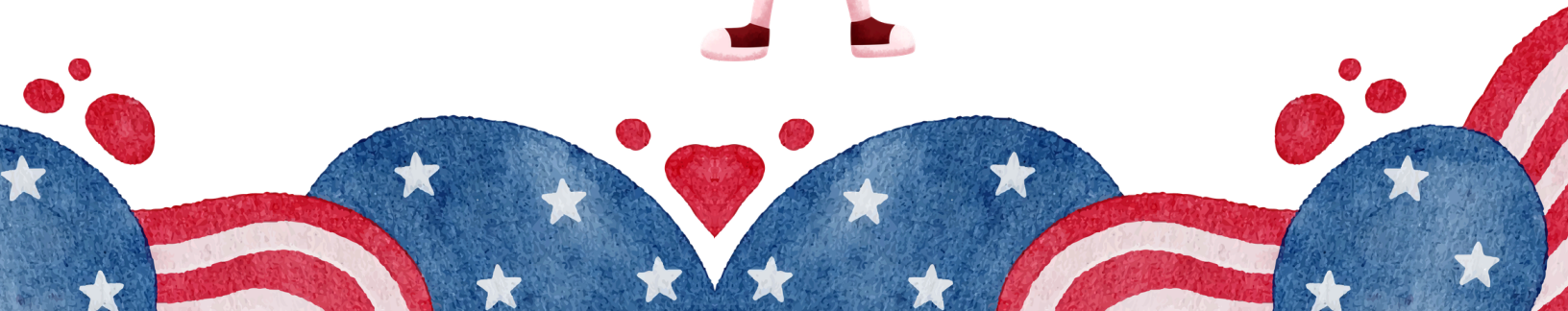
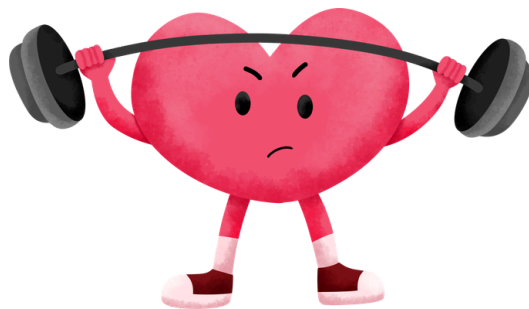
The best part? Many of the activities you already enjoy at the Senior Center count toward our score, including exercise classes, wellness programs, health screenings, educational workshops, etc..

Every class you attend and every activity you participate in helps our entire Senior Center earn points. Together, we're competing against other senior communities throughout Wilmington for a chance to win a special prize for our center.

Whether you join us for one activity or twenty, your participation matters. Let's show Wilmington that St. Anthony's seniors are active, engaged, and committed to healthy living!

Challenge Dates: July 1-31

♥ Move More. Connect More. Have Fun. Win Together!





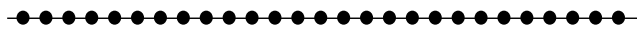
Meet some of our Exercise Instructors!

Come say hello to Sandy on Mondays (Zumba) and Wednesdays (yoga) at 9AM!

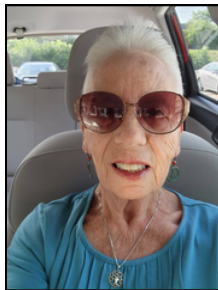


Native of Detroit, Michigan, Sandra P. Jones (Sandy), have been teaching fitness and dance for over 10 years. She has been committed to the fitness industry full-time for the past 6 years. Her goal is to create an intimate, yet comfortable atmosphere which enables her to encourage the beginner and inspire the fitness/dance enthusiast to obtain progress towards perfection in living a healthier lifestyle. Sandy's certifications and license include Group Fitness, Personal Trainer, Older Adult Trainer, Zumba® / Zumba® Gold, and Yoga Instructor. Sandy holds a BA in Organization Dynamics; MS in Administration of Human Service; and MBA, in Business Administration.

Sandy completed her fitness training and certifications through Christiana Health Care System; Sara Cooper Workout, (SCW Fitness Education); American Aerobic Association and International Sports Medicine Association, (AAAI/ISM).

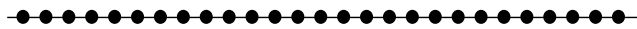


Tip-toe in to see Patti on Tuesdays at 9 AM!



Patti **LOVES FITNESS!** After spending 35 years in the corporate world, she retired and embarked on a new adventure as a fitness instructor. Her journey began while working at Curves for Women, where her interest in helping others improve their health quickly grew into a lifelong passion. For more than 20 years, Patti has dedicated herself to working with adults ages 50 and older. She understands that their priorities often center on maintaining mobility, improving their health, and staying active for their children, grandchildren, and great-grandchildren. She believes that older adults set smart, meaningful goals and thrive when they are challenged in fun and engaging ways.

As a Certified Personal Trainer, Patti has the knowledge and experience to help people achieve better health, but her true passion is teaching group fitness classes. She enjoys keeping every class fresh and exciting by introducing new exercises, creative routines, and a variety of challenges that keep participants engaged and, sometimes, literally on their toes. Helping others become healthier while having fun is what inspires Patti every day. Staying active not only keeps her healthy, but also allows her to encourage and motivate others to live stronger, healthier, and more fulfilling lives.



Move at your own pace with Marion at 1:30 PM on Wednesdays!



Marion Hamermesh is a dancer, teacher, and choreographer who has been dancing all her life. She earned her M.Ed. in Dance from Temple University in 1979, she is a teaching member of the Hanover Modern Dance Collective and a member of Sharing Our Legacy Dance Theater. As a Board Certified Clinical Chaplain, she has worked lovingly with people in all stages of health. She agrees with Martha Graham who supposedly said, "Nobody cares if you can't dance well. Just get up and dance. Great dancers are great because of their passion."

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Physical Fitness Schedule

Zumba: Mondays | 9:00 – 10:00 AM with Sandy J.

Group Exercise: Tuesdays | 9:00 – 10:00 AM with Patricia S.

Yoga: Wednesdays | 9:00 – 10:00 AM with Sandy J.

Sit, Stand, Move: Wednesdays | 1:30 – 2:30 PM with Amber R. & Marion H.

Tai Chi: Thursdays | 4:30 – 5:00 PM with Gale J.

Cardio Drumming: Thursdays | 9:00 – 10:00 AM with Amber R,

Most classes are offered in-person and virtually.

Fitness classes are held in the Exercise Room, with the exception of Exercise Bingo and Cardio Drumming, which are held in the Dining Room.

Exercise Room

Treadmills, bikes, and weights are available for member use after waiver completion.

Aquatics

Fraim Center for Active Adults
669 S. Union Street

Transportation can be provided from St. Anthony to the Fraim Center for any morning Aquatic's programs.

There are different types of Fraim Center memberships. For information, please call the Fraim Center at (302) 658-8420.



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Social & Recreational

Nickel Bingo (bring your own nickels)

- Monday, Wednesday, Thursday, & Fridays:
 - 10:00 AM – 12:00 PM
- Tuesday evenings:
 - 6:00 PM

Arts & Crafts

Puzzles, art supplies, and adult coloring books are available for all to use in the craft room.

Please see monthly events for group projects.

Billiards & Cornhole

- Available daily
- Location: Billiard Room

Please register with a staff member for Cornhole.

Wii Bowling League

- Wii Bowling League has concluded for the 2026 season!



Wii Bowling Interest Meeting - 2026/2027 Season

Interested in Wii Bowling?

Join us for a fun informational meeting to learn about forming a Wii Bowling League at St. Anthony's!

We'll discuss league play, answer questions, and give everyone a chance to try Wii Bowling for themselves.

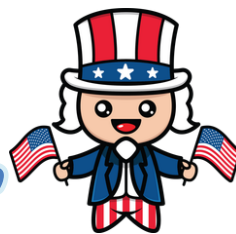
Date: Monday, August 3rd, 2026

Time: 1:00 PM

Location: Dining Room

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Activities Calendar

Activity	Date	Time	Location
Nutrition Education: Healthy & Hydrated Presentation <i>+++ Recipes & Samples +++</i> Presented by: City Fare's Registered Dietician, Megan DeMers	Monday, July 6 th , 2026	12:30 PM	Dining Room
Stress-Reduction Workshop: Neurographic Art Learn about neurographic art and create a beautiful art piece!	Tuesday, July 7 th , 2026	10 AM to 12 PM	Dining Room
Nutrition Education: Meal with Meg <i>Enjoy lunch with City Fare's Registered Dietician, Megan DeMers...</i>	Monday, July 13 th , 2026	12 PM to 1 PM	Dining Room
Stress-Reduction Workshop: Zentagle Art <i>Get into your zen by learning how to create fun zentangle art!</i>	Tuesday, July 14 th , 2026	10 AM to 12 PM	Dining Room
Nutrition Education: Smart Snack Choices for Better Health <i>Learn how to build a better snack alongside City Fare's Registered Dietician, Megan DeMers</i>	Monday, July 20 th , 2026	9:30 AM	Dining Room
Community Resource Presentation: Learn about how St. Francis Life! Presentation: Denise Garcia	Wednesday, July 22 nd , 2026	9:30 AM	Dining Room
Community Resource Presentation: Hands-Only CPR <i>Join New Castle County Paramedics as they present this program on when to act and what to do when someone is in cardiac arrest</i> Speaker: Lorraine Williams from New Castle County Paramedics	Thursday, July 23 rd , 2026	12:30 PM to 1:30 PM	Dining Room
Self-Care Workshop: Sand, Slime & Stress Ball Making <i>Learn Simple Self-Care Techniques Through Creative, Hands-On Activities</i>	Tuesday, July 28 th , 2026	10 AM to 11:30 AM	Dining Room
Breakfast & Beats Healthy Breakfast & Cardio Drumming	Thursday, July 27 th , 2026	Breakfast - 8:15 AM Cardio Drumming - 9 AM	Dining Room

HANDS-ONLY CPR

Overview

Join New Castle County Paramedics as they present this program on when to act and what to do when someone is in cardiac arrest



St. Anthony's Senior Center

Dining Room

Thursday July 23, 2026

12:30-1:30 p.m.

For more information:

Lorraine Williams (NCC*EMSCoordinator)

Lorraine.k.williams@newcastlede.gov or 302-395-2736

This is an education class, not a certification program

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Recreational Trips

Date	Time	Trip	Fee
Tuesday, July 7 th , 2026	10:15 AM to 12 PM	Pharmacy Run: Walgreen's (Union St) & CVS (DE AVE)	\$1.00
Tuesday, July 14 th , 2026	9:15 AM to 1:30 PM	Shady Maple	\$5.00
Tuesday, July 21 st , 2026	10:15 AM to 1:15 PM	Boscov's @ Concord Mall	\$3.00
Monday, July 27 th , 2026	Departing Senior Center at 9:15 AM - SHARP!	Delaware State Fair at Harrington Casino	\$5.00
Tuesday, July 28 th , 2026	10 AM to 1:30 PM	Farmers Market Stand & Healthy Pantry at the DE Food Bank	FREE

About: DE State Fair

Monday, July 27 is Senior Day at the Delaware State Fair!

Adults 60 and older receive FREE gate admission.

Accessible shuttle service is available throughout the fairgrounds, and wheelchairs, scooters, and rollators can be rented beginning at 11:00 AM (fees apply). Reservations are recommended by calling 1-863-368-3000 or visiting www.cndscooters.com.

Whether you choose to spend the day at the Delaware State Fair or visit the casino, there will be plenty to enjoy! Fair entertainment schedules, vendors, and featured attractions will be posted on the bulletin board in the dining room.

Friendly Reminder

Please plan to return to the designated meeting location on time for departure. Out of respect for all participants, the bus must leave as scheduled. Repeated lateness may impact eligibility for future trips. If you need a watch, the Senior Center office can assist.

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Banking Trip

Date	Time
Tuesday, July 7 th , 2026	9:30 AM
Tuesday, July 14th, 2026	NO BANKING
Tuesday, July 21 st , 2026	9:30 AM
Tuesday, July 28 th , 2026	9:30 AM

Grocery Shopping

ShopRite @ The Riverfront
Fee: \$2.00

*** Bus riders not going on the grocery shopping trip will be taken home first ***

Date	Time
Thursday, July 2 nd , 2026	2:15 PM
Thursday, July 9 th , 2026	2:15 PM
Thursday, July 16 th , 2026	2:15 PM
Thursday, July 23 rd , 2026	2:15 PM
Thursday, July 30 th , 2026	2:15 PM

Medical Appointments

- Mondays,
- Wednesdays
- & Thursdays

**NO MEDICALS
ON MONDAY, JULY 27th, 2026!**
Fee: \$1.00

****NEW TIME FRAME****

Appointments time frames are now from
10am to 1:00 pm to better serve you!

*Appointments must be in our service area.
Please give us 48 hours notice when scheduling.*

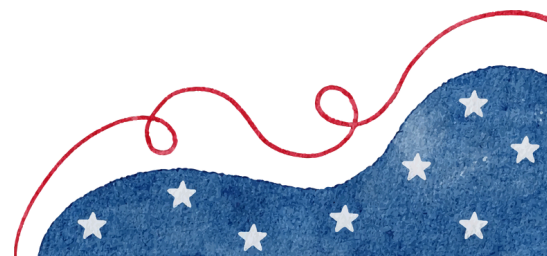
Fee: \$1.00

Trip Registration

After 9:00 AM on the first day of each
month

Advance sign-up required:
fees range from \$1-\$5
Full payment or required deposit due at
sign-up

***Trips are subject to change due to low
registration, weather, traffic, or staffing.***



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Social & Recreational

Bible Study (Non-Denominational)

- Thursdays: 10:30 – 11:30 AM
- Location: Library

All faiths welcome led by volunteer teacher, Barbara Petrucci

Computer Lab & Library

- Open during regular center hours

Technology Assistance is available *by appointment*

Little Lending Library/Reading Room:

- Books, magazines, and a variety of books are available.

Computers/Library

- Woodlawn Library offers computer instructions.
 - Transportation in our service area (during regular hours) is available.
- Contact Woodlawn Library by phone for more information at (302) 571-7425.

Support Services

Stand By Me 50+:

The Stand By Me 50+ program helps Delawareans approaching or in retirement make their finances work for them and maintain their quality of life.

Contact: Karen Summa

Call 302-658-4171 ext. 104 to schedule an appointment.

Blood Pressure Screenings: Alternating Thursdays in coordination with St. Francis Visiting Nurses

Notary Services: By appointment

Faxing & Copying: By Appointment

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Salon Services

- Available by Appointment with Piera Vassallo

A multi-talented stylist dedicated to helping clients feel comfortable and leave happy. Manicures are also available through her assistant, Kim.

Appointments: Call or text 302-545-1751

Gift Shop

Monday, Wednesday & Thursday:

- 9:00 AM – 12:00 PM

Tuesday:

- 2:00 – 4:30 PM

Our Gift Shop carries a variety of toiletries, bingo supplies, greeting cards, and everyday essentials.

Need more options? Join one of our grocery shopping trips for a wider selection!

Treat Trolley

The Snack Cart is open Monday through Friday from 10:00 AM to 1:00 PM in the Dining Room. *A variety of snacks are available for purchase during these hours.*

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Keep Your Mind Active with StrongerMemory

At St. Anthony's Senior Center, we're always looking for new ways to help our members stay healthy, active, and independent. That's why we're excited to offer StrongerMemory, an evidence-informed brain wellness program designed for older adults.

StrongerMemory is built around simple daily reading, writing, and math exercises that take just 20–30 minutes a day to complete. These activities are designed to engage working memory and stimulate activity in the brain's prefrontal cortex. Research indicates that participants who practice these simple exercises consistently may experience stabilized or improved cognitive function.

According to the Alzheimer's Association's special report, "More than Normal Aging: Understanding Mild Cognitive Impairment," 12% to 18% of adults age 60 and older experience Mild Cognitive Impairment (MCI). The report also notes that 10% to 15% of people with MCI develop dementia each year, and more than 80% of Americans know little or are not familiar with MCI and its connection to dementia.

While occasional forgetfulness can be a normal part of aging, keeping your brain active is one of the many healthy habits that may help support cognitive wellness. StrongerMemory offers an easy, enjoyable way to exercise your mind in a supportive environment.

The program is free for all St. Anthony's Senior Center members. Materials are available at the Senior Center, and additional resources can be accessed online at StrongerMemory.org.

We invite you to join us as we strengthen our minds together... one day, one activity, and one brain workout at a time!

This program will begin in August!

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Happy Independence Day!



FRIENDS
 UNITED STATES
 FLAG
 FAMILY
 WHITE
 INDEPENDENCE
 FREEDOM
 FIREWORKS

PARADE
 STRIPES
 UNCLE SAM
 DECLARATION
 LIBERTY
 AMERICA
 STARS
 RED
 BLUE



Meal with Meg

July 13th @ 12:00pm - Let's chat about nutrition over lunch!

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Join us for lunch!

Lunch is served Monday–Friday at 12:00 PM
Dinner is served on Tuesdays at 5:00 PM

Please plan to arrive by these times for meal service.

Our meals are provided in partnership with City Fare, supporting older adults in our community with quality nutrition and connection.

St. Anthony's Senior Center welcomes individuals age 50 and older, regardless of race, creed, national origin, or disability.

Advanced Reservations Required

- St. Anthony Senior Center operates on an advance reservation system for all meals. This includes any meal substitutions, such as requesting a bag supper. Reservations must be made by 12:00 PM the day before you plan to attend. Monday meals must be reserved by Friday at 12:00 PM. Reservations are accepted via phone at 302-421-3735 and/or in-person.
 - *Please note: arriving late, even with a reservation, does not guarantee a meal.*
- Meals are served at the scheduled time, and quantities are based on reservations received.

We appreciate your cooperation in helping us plan and serve everyone efficiently.

Cost/Donation

- Ages 60+:
 - Suggested donation of \$4.00 per meal
- Under 60:
 - \$8.00 required cost
- Meal coupons are available upon request.

FYI

- All meals are served with 2% milk
- Menus and meals are subject to change

EVENING MENU

Tuesday, July 7th

Rachel Sandwich
Turkey w/ Swiss,
Sauerkraut & Russian
Dressing
on Marble Rye
Garden Vegetable Soup
Whole Grain Crackers
Apple Slices

Tuesday, July 14th

BBQ Chicken Bites
Seasoned Greens
Cheesy Grits
Watermelon

Tuesday, July 21st

Italian Seasoned Chicken
w/ Melted Mozzarella
Whole Grain Penne
w/ Red Sauce
Zucchini
Diced Peaches

Tuesday, July 28th

Grilled Cheese Sandwich
Tomato Soup w/ Crackers
Succotash
Fresh Cut Fruit

Dinner is served on Tuesdays at 5:00 PM

SALAD MENU

Tuesday	Wednesday
	<p><u>7/1</u> <u>Chopped Salad</u> Chopped Romaine topped with Diced Egg, Tomato & Cucumber, Diced Cheddar Cheese, Bacon Bits Served with Fresh Fruit Split Top Roll</p>
<p><u>7/7</u> <u>Chef Salad</u> Mixed Greens topped with Ham, Turkey, Swiss Cheese, Tomato Cucumber Slices, and Croutons Served with Fresh Fruit</p>	<p><u>7/8</u> <u>Spinach Salad</u> Spinach topped with Chicken Craisins Bacon Bits Cucumbers Feta Cheese Split Top Roll</p>
<p><u>7/14</u> <u>Chopped Salad</u> Chopped Romaine topped with Diced Egg, Tomato & Cucumber, Diced Cheddar Cheese, Bacon Bits Served with Fresh Fruit Split Top Roll</p>	<p><u>7/15</u> <u>Taco Salad</u> Spinach topped with Taco Beef Diced Tomato & Onion Tortilla Strips Guacamole & Shredded Cheese Served with Pineapple</p>
<p><u>7/21</u> <u>Spinach Salad</u> Spinach topped with Chicken Craisins Bacon Bits Cucumbers Feta Cheese</p>	<p><u>7/22</u> <u>Chef Salad</u> Mixed Greens topped with Ham, Turkey, Swiss Cheese, Tomato Cucumber Slices, and Croutons Served with Fresh Fruit</p>
<p><u>7/28</u> <u>Taco Salad</u> Spinach topped with Taco Beef Diced Tomato & Onion Tortilla Strips Guacamole & Shredded Cheese Served with Pineapple</p>	<p><u>7/29</u> <u>Chopped Salad</u> Chopped Romaine topped with Diced Egg, Tomato & Cucumber, Diced Cheddar Cheese Bacon Bits Served with Fresh Fruit Split Top Roll</p>

BAG SUPPER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>7/1</u> Chicken Salad w/ Craisins on White/Wheat Bread Broccoli Bites Diced Peaches	<u>7/2</u> Breakfast Sandwich Yogurt Cucumber Slices Fresh Orange	<u>7/3—CLOSED—</u> <u>you will</u> <u>receive this</u> <u>meal on 7/2</u> Turkey Club Mayo Baby Carrots Sunflower Mix Fruit Punch
<u>7/6</u> Cheese Sandwich Hummus Baby Carrots Apple Slices Mango Juice	<u>7/7</u> Tuna Salad on a Croissant with Lettuce and Tomato Cauliflower Bites Fresh Orange	<u>7/8</u> Caesar Salad Wrap WG Tortilla w/ Grilled Chicken, Lettuce, & Dressing Baby Carrots Tropical Fruit	<u>7/9</u> Roast Beef & Swiss Whole Grain Bread Edamame Succotash Apple Sauce Horseradish	<u>7/10</u> Turkey & Swiss on Marble Rye w/ Sliced Bell Peppers Mixed Fruit Cup Mayonnaise
<u>7/13</u> Cottage Cheese w/ Diced Peaches Celery Sticks Hard Boiled Egg WG Crackers	<u>7/14</u> Chicken Salad on a Croissant Broccoli Bites Apple Slices	<u>7/15</u> Turkey Club on White/ Wheat Bread Baby Carrots Fresh Orange Mayonnaise	<u>7/16</u> BBQ Chicken Wrap w/ Cheese Red Skin Potato Salad Mixed Fruit	<u>7/17</u> Ham & Cheddar Sandwich on a Potato Roll Cucumber Pineapple
<u>7/20</u> Roast Beef & Cheddar Cheese on Potato bun Marinated Vegetable Salad Fresh Peach	<u>7/21</u> Grilled Chicken Patty on Whole Wheat Hamburger Roll Coleslaw Pineapple BBQ Packet	<u>7/22</u> Mini Bagel Peanut Butter & Jam Hard Boiled Egg Celery Sticks Tangerine	<u>7/23</u> Hummus w/ WG Pita Black Bean & Corn Salad Baby Carrots Diced Pears	<u>7/24</u> Turkey & Cheddar on Whole Grain Bread Sliced Bell Peppers Diced Peaches
<u>7/27</u> PB&J Sandwich Cucumber Slices Apple Slices Cheese Stick	<u>7/28</u> Roast Beef & Swiss on Bread Cauliflower Bites Mandarin Oranges	<u>7/29</u> Turkey w/ Provolone Sandwich on White Wheat Bread Baby Carrots Mixed Fruit Cup Mustard	<u>7/30</u> Ham & Swiss on Whole Grain Bread Beet Salad Diced Pears Mustard	<u>7/31</u> Egg Salad on White/Wheat Bread Baby Carrots Pineapple

LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>7/1</u> Breaded Flounder w/ Tartar Sauce Stewed Tomatoes Mac n Cheese Applesauce	<u>7/2</u> Chicken Po Boy w/ Shredded Lettuce, Tomato & Pickle on Club Roll Wedding Soup Honeydew	<u>7/3</u> — CLOSED
<u>7/6</u> BBQ Pulled Pork on Kaiser Roll Sweet Potato Fries Green Beans Honeydew	<u>7/7</u> Oven Fried Chicken Asparagus Mashed Potatoes Fresh Peach Hawaiian Roll	<u>7/8</u> Mediterranean White Fish Caribbean Vegetable Blend Brown Rice Fresh Fruit	<u>7/9</u> Dry Rub Bone In Chicken Wings 3 Bean Salad Corn Muffin Fresh Fruit	<u>7/10</u> Tuna Salad on a Croissant w/ Lettuce & Tomato Pea Soup
<u>7/13</u> Chicken Gyro on a WG Pita Side Greek Salad w/ Diced Cucumbers, Tomatoes, Olives, & Feta Fresh Orange	<u>7/14</u> Pot Roast w/ Gravy Mashed Potatoes Carrots Split Top Roll Cantaloupe	<u>7/15</u> Hot Dog & Beef Hamburger Lettuce, Tomato & Onion French Fries Watermelon Cookie Ketchup, Mustard	<u>7/16</u> Burrito Bowl w/ Brown Rice Ground Beef, Black Beans, Shredded Lettuce, Shredded Cheese, & Salsa Guacamole Diced Pineapple	<u>7/17</u> Breaded Chicken Sandwich w/ Pickles on WG Kaiser Roll Roasted Brussel Sprouts Tater Tots Diced Peaches
<u>7/20</u> Chicken Stir Fry w/ Ginger Teriyaki Sauce Oriental Vegetable Blend Brown Rice Mandarin Oranges	<u>7/21</u> Rachel Sandwich Turkey, w/ Swiss, Sauerkraut & Russian Dressing on Marble Rye Garden Vegetable Soup WG Crackers Apple Slices Mayo	<u>7/22</u> Chicken Tenders Corn Salad Split Top Roll Watermelon Honey Mustard	<u>7/23</u> Ham w/ Scalloped Potatoes Summer Squash Split Top Roll Mixed Fruit Cup	<u>7/24</u> Caesar Salad with Salmon Bed of Romaine Lettuce topped with Parmesan Cheese, Croutons, Caesar Dressing & Salmon Fresh Orange
<u>7/27</u> Philly cheesesteak w/ Provolone Cheese, Peppers & Onions on a Club Roll Roasted Broccoli Fresh Fruit	<u>7/28</u> Stuffed Cabbage w/ Marinara Sauce Salad w/ Tomatoes & Cucumbers Diced Pear	<u>7/29</u> Crab Cake Sandwich w/ Tartar Sauce and Shredded Lettuce on WG Kaiser Roll Sweet Potato Fries Coleslaw Honeydew	<u>7/30</u> Chicken Salad Platter on Romain Lettuce & Sliced Tomatoes Celery Sliced Apples WG Crackers	<u>7/31</u> BBQ Chicken Bites Seasoned Greens Cheesy Grits Watermelon

