

JULY 2025 SISTERS

	MOW	IN-PERSON, MOW, GN'GO	MOW & GRAB 'N GO	MOW & GRAB 'N GO	MOW
	Tuesday Programs Start 11:30 (see bottom of page)	1 Hot Hungarian Mushroom & Chicken Soup Herbed Bulgur Salad with Summer Veggies Fresh Fruit	2 Chef's Special **Will receive Friday's meal today**	3 BBQ Chicken Quarter Rice Pilaf Macaroni Salad Watermelon	4 CLOSED 4TH OF JULY
	7 Frozen Meal	8 Swedish Meatballs Roasted Potatoes Green Beans Side Salad Fresh Fruit	9 Split Pea Soup Side Salad Biscuit Fruit	10 Roasted Pork Loin with Dijon Peppercorn Sauce Mashed Potatoes Seasonal Vegetable Three Bean Salad Fruit	11 Frozen Meal
	14 Frozen Meal	15 BBQ Chicken Sandwich Vegetable Medley Coleslaw Fresh Fruit	16 Sloppy Joe Meatball Casserole Seasonal Vegetable Broccoli Salad Fresh Fruit	17 Beef Tacos Corn & Black Bean Salad Fresh Fruit	18 Frozen Meal
- 1	21 Frozen Meal	22 Creamy Tomato Tortellini Soup with Sausage Roll with Butter Fresh Fruit	23 Blackened Fish with Cajun Rice Succotash Garden Salad Fresh Fruit	24 Pesto Chicken & Wild Rice Soup Marinated Artichokes Roll with Butter Fresh Fruit	25 Frozen Meal
	28 Frozen Meal	29 Cheeseburger Soup Garden Salad Fresh Fruit	30 Turkey Chili Bowl Potato Wedges Carrot Raisin Salad Fresh Fruit	31 Chicken Tortilla Soup Broccoli Slaw Pineapple Upside Down Cake	In-Person: Coffee, Tea, Mi MOW: Milk or Juice