

JULY 2026 SISTERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUESDAY'S PROGRAMS START AT 11:30 July 7: BP with Katie July 14: Talkin Nugget July 21: Sisters Park & Rec July 28: Free Play		1 Chicken Pesto Fettucini Caprese Salad Fruit	2 Chef's Special 	3 CLOSED  4TH OF JULY HOLIDAY
6 Frozen Meal	7 Chef's Special 	8 Teriyaki Chicken Noodle Bowl with Stir-Fried Veggies Asian Slaw Fresh Fruit Fortune Cookie	9 Carolina BBQ Chicken Sandwich Vegetable Medley Creamy Coleslaw Fresh Fruit	10 Pork Pozole Chili Lime Quinoa Salad Roll with Butter Fresh Fruit
13 Frozen Meal	14 Chicken Marsala with Whole Wheat Pasta Seasonal Vegetables Side Salad Fruit	15 Blackened Fish with Cajun Rice Seasonal Vegetables Pea Salad Fresh Fruit	16 Turkey Bolognese Roasted Vegetables Caesar Salad Fresh Fruit	17 Cajun Roast Chicken Steamed Rice & Veggies Macaroni Salad Fresh Fruit
20 Frozen Meal	21 Chef's Special 	22 Red Beans & Rice Soup with Pork Garden Salad Fresh Fruit	23 Lemon Pepper Fish Rice Pilaf Succotash Tomato Salad Fresh Fruit	24 Braised Pork Mashed Potatoes Seasonal Vegetables Slaw Fresh Fruit
27 Frozen Meal	28 Pesto Chicken & Wild Rice Soup Marinated Artichokes Roll with Butter Fruit	29 Turkey Sloppy Joe Seasonal Vegetables Broccoli Salad Fruit	30 Pasta with Meat Sauce Seasonal Vegetables Three Bean Salad Fruit	31 Hot Baked Potato Soup Cottage Cheese Green Salad Fresh Fruit