

# JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch is served Monday through Friday from 12:00pm to 12:30pm at the Petoskey Friendship Center and at the Huber Senior Center.	The <u>minimum</u> suggested donation for Congregate Meals and Meals on Wheels is \$3.00 per meal for those 60 years and older. Guests (under 60) can purchase a \$5.00 lunch pass.	1 Cornflake crusted cod Lima beans Stewed tomatoes Apricot halves Sweet yeast roll	2 BBQ baked chicken Baked beans Corn Diced peaches Garlic cheese biscuit	3 
6 Fish sticks Mixed vegetables Cauliflower Tropical fruit salad	7 Turkey burger French fries Vegetable blend Blueberry curd	8 Pork chops with chimichurri Sweet potatoes Rice & beans Pineapple tidbits Whole grain pull-apart roll	9 Chicken fajitas Refried beans Cilantro rice Diced mango Tortillas	10 <b>Starts at 11:30</b> <u>Congregate:</u> Hot dog Coleslaw, potato salad <u>MOW:</u> Hot dog Baked beans, succotash Both: watermelon
13 Stuffed cabbage rolls Roasted potatoes Mixed vegetables Diced pears Whole grain pull-apart roll	14 Lemon pepper chicken Mashed potatoes & gravy Broccoli Blueberry crisp Southern biscuit	15 Miso baked cod Edamame Stir-fried cabbage & carrots Cherry applesauce Baguette	16 Peanut chicken breasts Coconut rice Broccoli & peppers Tropical fruit salad Hawaiian sweet roll	17 Italian sausage lasagna Spinach Zucchini with basil butter Apricot halves Ciabatta
20 Ground turkey chili Peppers & onions Corn Cherry almond crisp Garlic cheese biscuit	21 <b>Starts at 11:30</b> <u>Congregate:</u> Soup & salad bar <u>MOW:</u> Meatloaf Mashed potatoes Peas Both: fresh fruit & sourdough	22 Mojo pork loin Rice & beans Caribbean vegetable blend Tropical fruit salad	23 Sesame baked tuna Broccoli Ginger glazed carrots Diced mango Hawaiian sweet roll	24 Pulled BBQ turkey sandwich Corn spoon bread Green beans Diced peaches
27 Pork & vegetable stir fry Golden rice Fortune cookie Mandarin oranges Sweet yeast roll	28 Dill salmon Beets Carrots Strawberry applesauce Whole grain pull-apart roll	29 Beef & chicken meatball sub Spinach Peppers & onions Apricot halves	30 <b>Starts at 11:30</b> <u>Congregate:</u> Soup & Salad bar <u>MOW</u> Cook's choice Both: banana & wheat bread	31 Salisbury steak Mashed potatoes Mixed vegetables Blueberries with lemon curd Sourdough