

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Pot Pie w/ Buttermilk Biscuit Lima Beans Salad w/ Red Wine Vinaigrette Apple	2 Sandy's Chicken Chile, Tortilla Broccoli w/ Cheese Carrot Raisin Salad Diced Pears	3 Vege- Burger w/ Lettuce, Tomato & Onion Corn Coleslaw Banana	4 **Connections Café Closed** Happy 4th of July!	5 Chef's Choice
8 Broccoli Stuffed Chicken Breast Green Beans Sweet Potatoes Pineapple Tidbits High Fiber Cookie	9 Sweet & Sour Meatballs Broccoli Jasmine Rice Tossed Salad w/ Dressing Pear	10 Egg Salad on Whole Wheat Bread Tomato Basil Soup Tossed Vegetable Salad w/ Red Wine Vinaigrette Orange	11 Swiss Steak Mashed Potatoes Peas Coleslaw Banana	12 Chicken Marsala Roasted Red Potato Brussel Sprouts Green Bean Salad Apple
15 Chicken Taco Salad w/Sour Cream, Salsa and Avocado Corn Chowder Orange	16 Baked Parmesan Encrusted Salmon Roasted Sweet Potatoes Broccoli Roll Strawberries	17 Beef Stir Fry Peas Brown Rice Asian Cabbage Salad Apple	18 Chicken Parmesan Pasta Cauliflower Tossed Salad w/ Red Wine Dressing Diced Pears WW Roll	19 Pulled Pork Sandwich Corn Seasoned Pinto Beans Apple Sauce
22 Beef Chili w/ Cheese Baked Potato w/ Sour Cream Tossed Salad w/ Chick Peas (2 Tbsp Serving) Orange	23 Chicken Piccata Pasta Winter Blend Vegetables Peaches High Fiber Cookie	24 Gyro w/ Lettuce, Tomato, Tzatziki Sauce Chickpea Soup Mixed Vegetables Apple	25 Chicken Alfredo Penne Pasta Caesar Salad Peas Strawberries	26 Seasoned Cod/ Potato Medley Orange Glazed Carrots Banana Roll
29 Beef Fajita w/ Peppers, Onions, Cheese, Sour Cream & Salsa Tortillas Spanish Rice SW Black Beans Strawberries	30 Breaded Fish Sandwich w/ Lettuce & Tomato Corn Cole Slaw Diced Spiced Peaches	31 Beef Stew Lima Beans Whole Wheat Roll Pineapple Orange Compote		Milk is provided with every meal. Connections Café meals are partially funded by the Pikes Peak Area Agency on Aging.  Pikes Peak Area Council of Governments Communities Working Together