

All meals must be ordered no later than 9:00 a.m. the day prior.

Contact Diane Smith at [515] 835-2090 and leave a message with your name and quantity of meals you desire.

CONNECTIONS AAA

J U L Y

*All meals include a Beverage Mix

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Berry Almond Salad Pasta Salad Waverly Crackers (2) Fresh Seasonal Fruit Ranch Salad Dressing	2 Sweet & Sour Chicken Stir Fry Vegetables Fried Rice Fortune Cookie Mandarin Oranges	3 <i>Independence Day</i> BBQ Chicken Oven Roasted Potatoes Baked Beans Hamburger Bun Blondie	4 <i>Closed</i>
7 Glazed Ham Mashed Sweet Potatoes Broccoli Florets Dinner Roll Pudding Margarine	8 Pork Loin Brown Gravy Whipped Potatoes Peas & Carrots Biscuit Cinnamon Applesauce Margarine	9 Baked Chicken Poultry Gravy Whipped Potatoes Whole Kernel Corn Multi-Grain Bread Cookie Margarine	10 Beef Patty Pickle Slices Sliced Cheese Baked Beans Roasted Red Potatoes Hamburger Bun Lemon Bar Ketchup/Mustard
14 Roast Beef Brown Gravy Whipped Potatoes Stewed Tomatoes Dinner Roll Brownie Frosting w/Sprinkles Margarine	15 Polish Sausage w/Sauerkraut Scalloped Potatoes Sliced Carrots Hot Dog Bun Fluffy Fruit Salad Mustard	16 Lasagna Casserole Tossed Salad Italian Mixed Vegetables Garlic Breadstick Pear Crisp Italian Dressing	17 Open Faced Turkey Sandwich w/Gravy Whipped Potatoes Poultry Gravy Mixed Vegetables Whole Wheat Bread Peanut Butter Bar Margarine
21 Baked Meatballs Brown Gravy Whipped Red Potatoes Green Beans Whole Wheat Bread Cookie Margarine	22 Sloppy Joe Au Gratin Potatoes Mixed Vegetables Hamburger Bun Chocolate Crunch Bar	23 Potato Crusted Pollock Macaroni & Cheese Green Peas Dinner Roll Fresh Seasonal Fruit Tartar Sauce	24 Goulash Whole Kernel Corn Tossed Salad Whole Wheat Bread Peach Crisp Margarine Ranch Dressing
28 Sweet & Sour Chicken Stir Fry Vegetables Fried Rice Mandarin Oranges Fortune Cookie	29 Shredded Pork BBQ Sauce Roasted Red Potatoes Baked Beans Hamburger Bun Pudding	30 Spaghetti Casserole Broccoli Florets Italian Mixed Vegetables Garlic Breadstick Cookie Margarine	31 Country Fried Steak Country Gravy Whipped Potatoes Whole Kernel Corn Dinner Roll Applesauce Margarine