

# Sunflower Adult Day Services Lunch Menu

Meals fall in the following ranges:  
 Calories: 650-750  
 Protein: 25 grams or higher  
 Fat: 20-30% of calories  
 Sodium: 100-1,000 mg or less  
 Fiber: 9 gm or higher



## July 2024



Milk, water & iced tea are available at all lunch meals.  
**If you won't eat the scheduled entree, please bring your own sandwich.**

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1. Sweet & Sour Pork  
 White Rice  
 Sugar Snap Peas  
 Pineapple Chunks  
 Wheat Bread with Butter

2. Meatball Sub  
 Key Largo Vegetables  
 Mandarin Oranges  
 Bun

3. Creamy Herb Chicken  
 White Rice  
 Cali Blend Vegetables  
 Sliced Peaches  
 Wheat Bread with Butter

4. CLOSED IN  
 OBSERVANCE  
 OF INDEPENDENCE DAY  


5. Sunflower Staff In-Service.  
 Center **CLOSED** today.

8. Pork Tenderloin  
 Sandwich w/Toppings  
 Baked Beans  
 Sliced Pears  
 Bun



9. Scalloped Potatoes w/  
 Little Smokies  
 Peas & Carrots  
 Mandarin Oranges  
 Wheat Bread with Butter

10. Fried Chicken  
 Mashed Potatoes & Gravy  
 Buttered Corn  
 Butter Buddy Bar  
 Dinner Roll with Butter

11. Beer Brauts with Kraut  
 Bahama Blend Vegetables  
 Tropical Fruit  
 Wheat Bun



12. Tater Tot Bake  
 Winter Blend Vegetables  
 Fruit Cocktail  
 Wheat Bread with Butter

15. Chicken & Noodles  
 Mashed Potatoes  
 Mixed Vegetables  
 Applesauce  
 Wheat Bread with Butter

16. Breaded Cod Fish  
 Sandwich  
 Cheesy Broccoli  
 Tropical Fruit  
 Bun



17. French Toast Bake  
 Sausage Patties  
 Biscuits & Gravy  
 Mandarin Oranges

18. Chicken Salad  
 Stuffed Croissant  
 Beets  
 Fruit Cocktail  
 Wheat Bread with Butter

19. Ham & Beans  
 Cali Blend Vegetables  
 Sliced Pears  
 Cornbread



22. Lasagna  
 Mixed Vegetables  
 Mandarin Oranges  
 Garlic Bread



23. Hawaiian Chicken  
 Rice Pilaf  
 Capri Blend Vegetables  
 Fruit Cocktail  
 Wheat Bread with Butter

24. Chicken Fried Steak  
 Mashed Potatoes & Gravy  
 Buttered Corn  
 Hot Fudge Lava Cake  
 Dinner Roll with Butter

25. BBQ Pulled Pork  
 Baked Beans  
 Peaches & Pears  
 Mandarin Oranges  
 Bun

26. Lemon Peppered  
 Tilapia  
 Wild Rice  
 Key Largo Vegetables  
 Pineapple Chunks  
 Wheat Bread with Butter

29. BBQ Meat Balls  
 White Rice  
 Peas & Carrots  
 Applesauce  
 Wheat Bread with Butter

30. Meatloaf  
 Mashed Potatoes & Gravy  
 Loaded Green Beans  
 Mandarin Oranges  
 Dinner Roll with Butter

31. Chicken Strips  
 Mashed Potatoes & Gravy  
 Winter Blend Veggies  
 Scotch-A-Roo's  
 Dinner Roll with Butter

