



# Meal Site Menu

# July 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Downtown Rockingham Farmer's Market is now open. Saturdays at 8am & Wednesdays 3:30pm	Do you or your loved ones have Medicare? Shiip can help if you have questions. 1- 855- 408-1212 www.ncshiip.com			1- Chicken Chef Salad, Black-eyed Pea Salad, Broccoli Raisin Salad, Spinach Romaine Salad Greens, Crackers, Apple Pie, FF Ranch Dressing, Milk
4- <b>CLOSED</b>  Independence Day	5- Ziti w/Meat sauce, Oriental Blend Vegetables, Spiced Apple Sauce, Texas Toast, Marg, Milk	6- Egg Salad, Potato Salad, Broccoli Raisin Salad, Whole Wheat Bread, Juice, Milk	7- Hamburger, American Cheese, Lemon & Thyme Carrots, Lettuce & Pickles, Hamburger Bun, Peach Cobbler, Ketchup, Milk	8- BBQ Chicken, Ranch Beans, Juice, Seasoned Turnip Greens, White Bread, Blueberry Cake, Milk
11- Sloppy Joe, Whole Kernel Corn, Baked Beans, Juice, Hamburger Bun, Milk	12- Chicken Chef Salad, Italian Squash, Carrots, Rye Bread, Coconut Bar, Milk	13- Italian Sandwich, Cantaloupe, Lettuce & Tomato, Hoagie Bun, Rice Krispie Treat Bar, Milk	14- BBQ Chopped Pork, Baked Beans, Confetti Cole Slaw, Hamburger Bun, Cherry Crisp, Milk	15- Shepherd's Pie, Broccoli, Carrots, Whole Wheat Bread, LD Fudge Round, Milk
18- Sliced Ham, Pinto Beans, Steamed Spinach, Rye Bread, Juice, Oatmeal Raisin Cookie, Marg, Milk	19- Turkey & Cheese Sandwich, Steamed Rice, Pickled Beets, Green Beans, White Bread, Juice, Marg, Milk	20- Chicken Salad, Macaroni Salad, Juice, Lettuce & Tomato, Whole Wheat Bread, Tropical Mixed Fruit, Milk	21- A-1 Chopped Steak, Brown Gravy, Mashed Potatoes, Mixed Vegetables, White Dinner Roll, Banana, Milk	22- Sausage w/onions & peppers, Scalloped Potatoes, Carrots, Applesauce, Hot Dog Bun, Yellow Mustard, Milk
25- Beef Patty, Pepper & Onion Gravy, Seasoned Collard Greens, Black-eyed Peas, White Bread, Pineapple, Tidbits, Marg, Milk	26- Smothered Chicken, Mushroom Gravy, Mashed Potatoes, Capri Blend Vegetables, Whole Wheat Bread, Juice, Milk	27- Pork Ribblett, BBQ Sauce, Green Peas, Whipped Sweet Potatoes, Hamburger Bun, Apple, Milk	28- Turkey Salad, Macaroni Salad, Cucumber & Onion Salad, Lettuce, Captain's Wafers, Peanut Butter Cookie, Milk	29- Beef Tips, Brown Gravy, Steamed Rice, Juice, Succotash, White Dinner Roll, Milk