

JULY 2023

**MENU IS SUBJECT TO CHANGE
WITHOUT NOTICE AT ANYTIME
DUE TO UNFORESEEN
CIRCUMSTANCES.**

LUNCH MENU



HUALAPAI SENIOR SERVICES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Independence Day Holiday	4 Independence Day Holiday	Drmstck chkn5 mixed veg, msh potato w/skin gravy h.m tortilla, fruit cocktail	6 TACO SALAD salsa & canned applesauce	7 (BLT) on texas toast, baked chips & fresh pear	8
9	Phillycheese 10 Provolone, dcd grn & red peprs onion coleslaw, strawberries	11 CHEFS SALAD Saltine crackers & fresh orange	Chili beans 12 Grnd turkey, potato salad, broccoli, y roll & fresh peach	Mtball sub 13 Ground beef provolone, grn salad cantaloupe	14 Corn dog, bkd French fries, bkd beans, corn & ice cream bullet	15
16	Chkn soup 17 chicken, rice, diced carrots & celery, green beans & saltine & orange	Salisbury stk 18 Mashed potato Mashed asparagus, yeast roll & tropical fruit mix	19 WALAPAI TACO H.M frybread Salsa & honeydew slice	Lima bean20 w/bacon bits, (potato salad) crnbrd, asparagus & ice cream cups	Spaghetti 21 Ground turkey, (green salad) romaine lettuce, cucumbers, tomatoes, garlic bread & grapes	22
23	Chkn stir fry 24 Diced chckn, brocc., carrots, celery, onion, grn & red peppers, snow peas, rice & chers	Pepperoni pizza 25 Pepperoni mozzarella cheese, green salad & fresh nectarine	Bbq pork 26 Hoagie roll shredded pork, coleslaw, & fruit cocktail	VeggieWrp27 Shredded cheese, spinach, tomatoes, red & grn peppers, lettuce, cucumber, H.M tortilla, sun chips & mango slices	Meatball sub 28 Hoagie roll, Grnd beef, tomato sauce, peas, baked chips & p.b cookie	29
30	31 Grilled ham & cheese on Texas toast, tomato soup, pckled, spear potato wedges & fresh plum		Taco Salad- Ground beef, blk beans, cheese lettuce, cherry tomatoes on wheat bowl	Chef salad- Turkey, ham, cheese, lettuce, tomatoes, red n grn peppers & boiled egg	Walapai Taco Pinto beans, gorund beef, lettuce, cheese & tomatoes	

1% Milk, Juice,
Coffee & water
available.

h.b-hashbrown
h.m-homemade

**ANY QUESTIONS
CALL (928) 769-
2375**

