

July 2024

Ector Co.Eld. Nutrition
1225 N. Adams-Odessa
(432)333-6791

Due to availability of food, menu is subject to change

Northside Center 11:30 - 12:30 Southside Center 11:00 - 12:00

SUMMIT -Meal Provider

\$3.00 Suggested
Meal Donation

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
Sliced Brisket Mashed Potatoes Green Beans & Corn Apple Sauce Cake		Sweet N Sout Chicken Rice Pilaf Broccoli Florets Pudding Brownie		Chicken Salad Tuna Salad Macaroni & Pot Salad Jello Grandmas Cookie		CLOSED FOR INDEPENDENCE DAY 		Pizza salad String Cheese Cheese Cake	
8		9		10		11		12	
Meatloaf w/tom Sauce Potato Salad Green Beans Fruit Cup Cake		Chicken Nuggets Mac & Cheese 5 Way Mixed Veggies Yogurt Pie		Grilled Chicken Parm Italian Pasta Salad Broccoli Florets Rice Crispies Fresh Fruit		Beef Chopped Streak Mashed Potatoes CA Mixed Vegetables Jello Muffin		BBQ Chicken Breast White Rice Okra & Tomatoes Cookie Cake	
15		16		17		18		19	
Beef Pepper Steak Red Skin Mashed Broccoli Florets Granola Bar Oreo Cookie		Chicken & Mushroom Macaroni Salad 5 Way Mixed Veggies String Cheese Fresh Fruit		Grilled Hamburgers Red Skin Potato Salad Lettuce & Tomatoes Yogurt Pie		Green Chili Pulled Pork Black Beans Coleslaw Chips Cake		Chicken Alfredo Italian Pasta Salad CA Mixed Vegetables String Cheese Muffin	
22		23		24		25		26	
Chicken Vera Cruz Vegetable Rice Broccoli & Carrots Jello Fresh Fruit		Teriyaki Meatballs White Rice Mixed Vegetables Fruit Cup Cake		Grilled Chicken Burger Bean Medley Lettuce & Tomatoes Granola Bar Brownie		Ground Beef Cass Fried Potatoes Green Beans Pudding Cookie		Beef Fajitas Spanish Rice Refried Beans Harvest Nuts Cake	
29		30		31					
Sausage Links (2) Mashed Potatoes Bacon Cabbage Fruit cup Cookie		Fried Catfish Corn & Carrots Broccoli Florets Jellow Cake		Beef Stew & Potatoes Mac & Cheese 5 Way Mixed Veggies Granola Bar Muffin				Note: Tea, Milk & Bread will be provided with every Meal	