
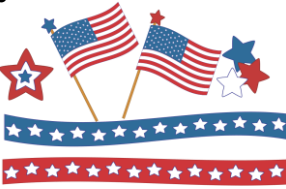


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Get your menu EARLY via email. To sign up please contact the site.</b></p>	<p>Please call us to cancel or order a Carry Out or Home Delivered Meal <b>by 10:00 am daily!</b></p> <p>Thanks, Thanks, and More Thanks!</p>	<p>To place your order, please call (319)472-4761, enter 1 or extension 2008 and leave a message with your order.</p> <p><i>Messages left on any other phone will likely not be received in time.</i></p>		<p>1 Salisbury Steak Mashed Potatoes/Gravy Carrots Mixed Fruit Pumpkin Pie WW Bread/Margarine/Milk</p>	<p>2 Chicken Cordon Bleu Casserole Green Beans Pears Chocolate Dessert WW Bread/Margarine/Milk</p>
	 <p><i>Closed 4th of July</i></p>	 <p><i>All HACAP Offices Closed in Observance of 4th of July</i></p>	<p>6 Dijon Meatballs Baked Potato Half Peas Applesauce Vanilla Pudding WW Bread/Margarine/Milk</p>	<p>7 Polish Sausage w/Bun Macaroni &amp; Cheese Sauerkraut Strawberries &amp; Bananas Cookie Milk</p>	<p>8 Chicken A La King Biscuit Beets Fresh Fruit Apple Crisp Milk</p>
<p>11 Roast Turkey Mashed Potatoes/Gravy Green Beans Pears Cake WW Bread/Margarine/Milk</p>	<p>12 Crispy Pollack Oven Brownd Potatoes Peas Mixed Fruit Granola Bar WW Bread/Margarine/Milk</p>	<p>13 Maidrite w/Bun Tri-Tator Broccoli w/Cheese Applesauce Cookie Milk</p>	<p>14 Stuffed Chicken Breast Party Potatoes Corn Plums Butterscotch Pudding WW Bread/Margarine/Milk</p>	<p>15 Scalloped Ham &amp; Potatoes Carrots Peaches Peanut Butter Dessert WW Bread/Margarine/Milk</p>	<p>16 Spaghetti w/Meat Sauce Garlic Bread Coleslaw Fresh Fruit Jello Milk</p>
<p>18 Roast Pork Mashed Potatoes/Gravy Spinach Peaches Cake WW Bread/Margarine/Milk</p>	<p>19 Pepper Steak Seasoned Rice Green Beans Pineapple Cookie WW Bread/Margarine/Milk</p>	<p>20 Chicken Noodle Casserole Beets Strawberries &amp; Bananas Pound Cake WW Bread/Margarine/Milk</p>	<p>21 Sausage Gravy Biscuit Carrots Fresh Fruit Apple Crisp Milk</p>	<p>22 Fish Filet w/Bun Pasta Salad Corn Mixed Fruit Lemon Fluff Milk</p>	<p>23 Meatloaf Mashed Potatoes/Gravy Peas Pears Bread Pudding WW Bread/Margarine/Milk</p>
<p>25 Chicken Tenders Mashed Potatoes/Gravy Corn Mixed Fruit Cake WW Bread/Margarine/Milk</p>	<p>26 Pulled Pork w/Bun Baked Beans Coleslaw Fruit Compote Rice Crispy Bar Milk</p>	<p>27 Lasagna Garlic Bread Green Beans Pears Cookie Milk</p>	<p>28 Chicken Dumpling Casserole Biscuit Beets Peaches Cake Milk</p>	<p>29 Glazed Ham Balls Sweet Potatoes Cauliflower Applesauce Stained Glass Jello WW Bread/Margarine/Milk</p>	<p>30 Beef Stew Cornbread Brussel Sprouts Apricots Rice Pudding Milk</p>

**All menu items are subject to change if it reduces food costs.**