



July 2026 Lunch Menu



COMMUNITY ACTION OF NAPA VALLEY

PLEASE CALL (707) 253-6100 Ext. 111 FOR RESERVATIONS OR CANCELLATIONS 48 HOURS IN ADVANCE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Indicates High Vitamin C Source **Indicates High Vitamin A Source ***Indicates High Vitamin A and Vitamin C Source Denotes sodium > 1000mg </p>		<p>1</p> <p>Meatball Stroganoff <i>Beef and Pork Meatballs</i> Whole Grain Penne Pasta Herbed Green Peas Cauliflower* Peaches, 4.5 oz Milk</p>	<p>2</p> <p>Potato Crusted Pollock with Dill Sauce Brown Rice Pilaf Succotash** Applesauce, 4.5 oz Milk</p>	<p>3 </p> <p>Independence Day Meal</p> <p>Turkey Frankfurter Tater Tots Dilled Carrots** Whole Wheat Hot Dog Bun Applesauce* Milk Ketchup Mustard</p>	<p>4</p> <p>Brown Sugar Glazed Pork Riblet Baked Beans Whole Kernel Corn Whole Grain Dinner Roll Fresh Orange* Milk</p>
<p>6</p> <p>Creamy Paprika Chickpeas Whole Grain Penne Pasta Peas and Carrots** Whole Grain Dinner Roll Hot Applesauce* Milk</p>	<p>7</p> <p>Herbed Pork Loin New! Cheesy Chive Potatoes* Mixed Vegetable Blend** Whole Grain Dinner Roll Fresh Pear Milk</p>	<p>8</p> <p>Yogurt Dill Chicken Salad Broccoli Salad* Whole Wheat Bread Slices (2) Peaches Milk</p>	<p>9</p> <p>Potato Crusted Pollock Pilaf Brown Rice New! Lemon Garlic Green Beans Fresh Orange* Milk Tartar Sauce</p>	<p>10</p> <p>Beef/Turkey Taco Meat Pinto Beans Fiesta Vegetable Blend** Whole Wheat Tortilla Applesauce, 4.5 oz* Chocolate Milk</p>	<p>11</p> <p>Breaded Chicken <i>WG Breeding on Chicken</i> Country Style Gravy Whole Kernel Corn Broccoli and Cauliflower* Fresh Pear Milk</p>
<p>13</p> <p>Cheesy Omelet O'Brien Potatoes* Whole Wheat English Muffin Hot Peaches Milk Grape Jelly</p>	<p>14</p> <p>Stuffed Pepper Skillet <i>Turkey and Brown Rice in entrée</i> Succotash Fresh Orange* Milk</p>	<p>15</p> <p>Tuna Au Gratin Noodle <i>Whole Grain Pasta in entrée</i> Whole Kernel Corn New! Honey Carrots** Applesauce, 4.5 oz* Milk</p>	<p>16</p> <p>Pork Carnitas Black Beans Mixed Vegetables** Whole Wheat Tortilla Fresh Orange* Milk</p>	<p>17</p> <p>Chicken Fried Rice <i>Brown Rice in entrée</i> Capri Vegetables** Broccoli* Fresh Pear Milk</p>	<p>18</p> <p>Smothered Meatballs <i>Beef and Pork Meatballs</i> Egg Noodles Green Beans Hot Applesauce* Milk</p>
<p>20</p> <p>Meatloaf w/Brown Gravy Sweet Whipped Potatoes*** Green Beans Whole Wheat Bread Fresh Apple Milk</p>	<p>21</p> <p>Whole Grain Macaroni & Cheese Collard Greens*** Fresh Pear Milk</p>	<p>22</p> <p>Chicken Fajita Salad Black Beans w/Corn Tossed Salad Mix** Whole Grain Tortilla Chips Fresh Orange* Milk Ranch Salad Dressing Taco Sauce</p>	<p>23</p> <p>Meatball Stroganoff <i>Beef and Pork Meatballs</i> Whole Grain Penne Pasta Green Peas Applesauce, 4.5 oz* Milk</p>	<p>24</p> <p>Breaded Lemon Pepper Tilapia New! Red Skin Mashed Potatoes* Dilled Carrots** Whole Wheat Bread Fresh Pear Milk</p>	<p>25</p> <p>Whole Grain Chicken Tenders Hashbrowns Broccoli* Whole Grain Hamburger Bun Fresh Apple Milk BBQ Sauce</p>
<p>27</p> <p>Chicken a La King Brown Rice Whole Kernel Corn Broccoli* Fresh Pear Milk</p>	<p>28</p> <p>Vegetarian Bean Chili Parslied Diced Potatoes* Mixed Vegetable Blend** Whole Grain Dinner Roll Fresh Apple Milk</p>	<p>29</p> <p>Tuna Salad Coleslaw* Whole Wheat Bread Slices (2) Pineapple Tidbits Milk</p>	<p>30</p> <p>Salisbury Steak with Steakhouse Sauce Buttermilk Potatoes* Parslied Carrots** Whole Grain Dinner Roll Fresh Apple Milk</p>	<p>31</p> <p>Creamy Marsala Chicken Whole Grain Pasta Florentine** Green Beans Tropical Fruit, 4.5 oz* Milk</p>	<p>CANV Meals on Wheels Program 938 Kaiser Rd., Napa, CA 94558 www.canv.org 707-253-6100 ext. 120</p>