



# Lunch Menu

## JULY 2025



### TUESDAY

### WEDNESDAY

### THURSDAY

**Transportation available for Gates Residents on Tuesday, Wednesday & Thursday**

**1**  
Stuffed Shells  
with Marinara  
Sauce  
Breadstick  
Broccoli  
Banana

**2**  
Philly Cheese Steak  
on a roll with  
peppers, onions,  
mushrooms, and  
mozzarella  
Broccoli  
Apple

**3**  
Chicken Fajita Bowl  
with rice, black beans,  
peppers, onions, and  
cheddar  
Salsa Cup  
Tortilla Chips  
Orange

Gates Recreation & Parks is providing lunches for the members of our community that are 60 years of age or older. **Lunch is served at 11:30 am.** All meals served with milk (1% or Fat Free)- soup served with crackers. Lunch must be preordered 10 days ahead of time by calling 429-8289 or by signing up in the annex or Recreation & Parks office. If you are not pre-registered, lunch will be available on a first come, first serve basis. The suggested contribution for lunch is \$3.50.

**8**  
Shredded Beef  
BBQ on a Bun  
Cole Slaw  
Mixed Fruit

**9**  
Macaroni and Cheese  
Stewed Tomatoes  
Apple

**10**  
BBQ Chicken Sliders  
Broccoli  
Mandarin Oranges

**15**  
Roast Beef with Gravy  
Roasted Sweet  
Potatoes  
Green Beans  
Dinner Roll with  
Butter  
Orange

**16**  
Tuna Pasta Salad  
Dinner Roll  
Salad with Italian  
Dressing  
Mixed Fruit  
Sherbet

**17**  
Grilled Teriyaki  
Chicken with  
Pineapple over Rice  
Broccoli  
Oranges  
Cherry Pie

**22**  
Cobb Salad with  
Chicken, Egg,  
Cheddar, and Ranch  
Dressing  
Dinner Roll with  
Butter  
Strawberry Ice  
Cream

**23**  
Cheeseburger on a  
Bun  
Roasted Sweet  
Potatoes  
Green Beans  
Peaches  
Chocolate Pudding

**24**  
Chicken Piccata  
over Penne Pasta  
Broccoli  
Breadstick  
Apple

**Due to congregate meal requirements, we are unable to avoid allergens and cross-contact may be present.**

**29**  
Pulled Pork on a Bun  
Roasted Potatoes  
Zucchini  
Applesauce

**30**  
"Fried" Chicken on a  
Bun with Swiss and  
Honey Mustard  
Zucchini  
Peaches

**31**  
Stuffed Shells with  
Marinara Sauce  
Breadstick  
Green Beans  
Applesauce



This program receives its funding through participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, and Monroe County Dept. of Human Services/Office for the Aging.



**"No eligible person shall be denied benefits or subjected to discrimination under any program or activity receiving any Federal, State, or County funding. This includes but is not limited to: race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran and/or military status, immigration status, creed, domestic violence victim status, criminal history, gender identity, genetic predisposition or carrier status. This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, and Monroe County Dept. Of HS/Office for the Aging."**