



Lunch Menu

JULY 2026



TUESDAY

WEDNESDAY

THURSDAY

Gates Recreation & Parks is providing lunches for the members of our community that are 60 years of age or older. **Lunch is served at 11:30am.** All meals served with milk (1% or fat free chocolate) and fortified juice - 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.

*Certified by
Michelle Koch Blood, R.D.
- 2/12/2026*



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

30
**Sweet & Sour
Meatballs
over Rice
Cauliflower
Snap Peas
Cantaloupe**

7
**Pork Fajita Bowl with
rice, black beans,
peppers, onions, and
cheddar
Salsa Cup
Tortilla Chips
Mixed Fruit Cup**

14
**Tuna Salad Wrap
with Lettuce and
Tomato
Zucchini
Mixed Fruit Cup
Chocolate Pudding**

21
**Burger Plate
with Macaroni
Salad, Roasted
Potatoes, and Meat
Sauce
Pear Cup**

28
**BBQ Beef
over Roasted Potato
with Sour Cream
Carrots
Fresh Apple
Jello Cup**

1
**BBQ Chicken Breast
Roasted Sweet
Potatoes
Corn Cobette
Dinner Roll
with Butter
Mandarin Oranges**

8
**Egg Salad
with Lettuce and
Tomato on
Multigrain Bread
Corn Cobette
Peach Cup**

15
**Cheesesteak
with peppers, onions,
and mozzarella
Mashed Squash
Cauliflower
Pear Cup**

22
**Chicken Parm
over Pasta
San Francisco
Vegetable Blend
Mixed Fruit Cup**

29
**Sweet & Sour
Meatballs
over Rice
Cauliflower
Snap Peas
Cantaloupe**

2
**Macaroni and Cheese
Stewed Tomatoes
Broccoli
Fresh Apple**

9
**Greek Chicken Salad
With cucumber,
tomato, red onion,
feta, tzatziki, and
Italian dressing
Pita Bread
Mixed Fruit Cup
Fig Newton Bar**

16
**Swiss Burger
on a Bun with
Caramelized Onions
5 Bean Salad
Cantaloupe**

23
**Tortilla Crusted Tilapia
Rice
Salsa Cup
Corn
Peach Cup**

30
**Chicken Salad
on Multigrain Bread
Salad with
Italian Dressing
Mandarin Oranges**

**NO
ORDERS
for this
week
after
6/18**

**NO
ORDERS
for this
week
after
6/25**

**NO
ORDERS
for this
week
after
7/2**

**NO
ORDERS
for this
week
after
7/9**

**NO
ORDERS
for this
week
after
7/16**

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."

