

JULY 2026

MONTHLY LUNCH CALANDER

JULY LUNCH MENU – Whole Wheat Bread & 1% Milk Included

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Beef Hamburger, Sautéed Onions & Peppers, Kale w/ Tomato, Roasted Sweet Potato Fries, Apple	2) Chinese Style Stewed Chicken & Tomatoes, Arroz con Gandules, Normandy Blend, Cantaloupe	3) Oven Fried Fish, Pasa, Veggie Mix, Orange
6) Tex-Mex Barley, Bean & Corn Salad, Classic Garlic Bread, Breaded Eggplant Cutlets, Steamed Carrots, Grapes	7) Beef Liver w/ Onions, Garlic Mashed Potatoes, Sautéed Green Beans w/ Onions, Cantaloupe	8) Tuna Salad w/ Eggs, Beet Salad, Lettuce & Tomato, AppleSauce	9) Pernil, Brown Rice w/ Kidney Beans, Green Plantains, Mixed Green Salad w/ Dressing, Watermelon	10) Fish w/ Creole Sauce, Rice w/ Chickpeas, Steamed Spinach, Fresh Pineapple
13) Creamy Chickpea Potato Curry, Brown Rice, Classic Garlic Bread, Steamed Cabbage, Orange	14) Turkey & Beef Salisbury Steak w/ Mushroom Gravy, Yellow Rice, California Blend Veggies, Banana	15) Chicken Parmesan, Multigrain Bread, Penne, Sautéed Spinach, Tossed Salad w/ Dressing, Honeydew	16) Pork Spare Ribs, Cornbread, Mashed Sweet Potatoes, Steamed Collard Greens, Cantaloupe	17) Fish w/ Creole Sauce, Baked Fries, California Blend Veggies, Grapes
20) Caribbean Rice & Red Beans, Tossed Salad w/ Dressing, Cantaloupe	21) Sweet & Sour Chicken Tenders, Whole Wheat Dinner Roll, Garlic Mashed Potatoes, Steamed Broccoli, Orange	22) Braised Beef Short Ribs, Baked Potato, Brussels Sprouts, Watermelon	23) Baked Chicken Breast w/ Yogurt, Steamed Cabbage, Sweet Baked Yams, Apple	24) Baked Fish w/ Mushrooms & Peppers, Lemon Dill Fish Marinade, Yellow Rice, Sautéed String Beans, Grapes
27) White Bean & Veggie Pot Pies w/ Cornbread Crust, Classic Garlic Bread, Tossed Salad w/ Dressing, Apple	28) Baked Korean Chicken Wings, Baked Mac n Cheese, Sautéed String Beans, Pear	29) Stewed Pork Chops, Brown Rice, Steamed Spinach, Tossed Salad w/ Dressing, Orange	30) Turkey Burger w/ Cheese, Baked Fries, Cabbage Carrot Slaw, Honeydew	31) Baked Fish w/ Lemon Garlic Butter Sauce, Sautéed Onions & Peppers, Yellow Rice, Steamed Carrots, Banana OR Canned Sliced Peaches

MENU SUBJECT TO CHANGE!

THANK YOU FOR YOUR CONTRIBUTIONS. IT HELPS TO ENHANCE THE PROGRAM WITH PARTIES, SUPPLIES AND EVENTS 🤓



Langston Hughes Social Club

Alexis McCain, Program Coordinator Tyrell Thomas, Program Assistant

July 2026

MONTHLY SCHEDULE ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Current Events 11am – 12pm Lunch 12pm – 1pm Tommy Physical Health 12pm – 1pm Game Busters 2pm – 3pm	2) Netflix and chill 11AM – 12 PM Lunch 12pm – 1pm Journaling 2pm – 3pm Game Busters 3pm – 4pm	3) Line Dance 11AM – 12pm LUNCH 12PM- 1PM Tommy Physical Health 1PM- 2PM Meditation 2pm -3pm
6) Center Closed in Observance of 4 th of July	7) Walmart Trip 10am – 2pm Lunch 12-1:30pm Game Buster's 2pm – 3pm	8) Current Events 11am – 12pm Lunch 12pm – 1pm Tommy Physical Health 12pm – 1pm Game Busters 2pm – 3pm	9) WAYSIDE 2 nd ANNUAL SENIOR HEALTH FAIR BBQ 9AM -3PM *Bring a chair *wear your center T-shirt	10) Netflix and Chill 11am – 12 pm LUNCH 12PM- 1PM Tommy Physical Health 1PM- 2PM Meditation 2pm – 3pm
13) Current Events 11am – 12pm Lunch 12pm – 1pm Journaling 1pm – 3pm Game Buster's 3pm – 4pm	14) Let's Walk 11:30am – 12pm Lunch 12pm – 1;30pm BINGO 2pm – 3pm	15) Current Events 11am – 12pm Lunch 12pm – 1pm Tommy Physical Health 12pm – 1pm Game Busters 2pm – 3pm	16) Trip to Charcoal Grill Buffet 11:00am – 1:30pm	17) Netflix and Chill 11AM – 12pM LUNCH 12PM- 1PM Tommy Physical Health 1PM- 2PM Meditation 2pm – 3pm
20) Current Events 11am – 12pm Lunch 12pm – 1pm Journaling 1pm – 3pm Game Buster's 3pm – 4pm	21) Let's Walk 11am – 12pm Lunch 12pm – 1pm Pokeno 1pm – 2pm Game Busters 2PM – 3PM	22) Current Events 11am – 12pm Lunch 12pm – 1pm Tommy Physical Health 12pm – 1pm Game Busters 2pm – 3pm	23) Meditation 11AM – 12 PM Lunch 12pm – 1pm Journaling 2pm – 3pm Game Busters 3pm – 4pm	24) Meditation 11AM – 12pM LUNCH 12PM- 1PM Tommy Physical Health 1PM- 2PM Netflix and Chill 2pm – 5pm
7) Current Events 11am – 12pm	28) Let's Walk 11am – 12pm	29) Current Events 11am – 12pm	30) Meditation	31)