



555 E. Plaza Circle,
Suite C
Litchfield Park, AZ
85340

623-594-9588
mealsofjoy.org

July 2025 Menu

MENU OPTIONS

Standard Meal (includes entrée, side salad, fruit)	\$14.25
Standard Entrée Only (no side salad or fruit)	\$11.75
Hearty Meal (includes entrée, side salad, fruit)	\$15.25
Salad of the Day	\$14.00
Sandwich Plate (two sides & cookie)	\$13.50
Weekender (sandwich or wrap with two sides)	\$13.50
Breakfast Bowl	\$ 7.00

Thank You

TO OUR GENEROUS SPONSORS
Their generous support helps to fund a portion of this month's meals and brings Meals of Joy to our most vulnerable senior population.

- ♦ Janet Wenk
♦ Kevin Riley
♦ Sundt Foundation
- ♦ Spirit of Grace
Lutheran Church
♦ Jean Dreyfus
- ♦ The Church at
Litchfield Park
♦ Mark Bruce

Monday

Tuesday

Wednesday

Thursday

Friday

Meal Alternatives

Crispy Chicken Salad —Romaine, crispy chicken, tomatoes, cucumber, croutons, egg, shredded cheese, and ranch.
Sandwich Plate —**Ham, Turkey**, cheese, lettuce, tomato on wheat bread.
Breakfast Bowl— **Banana Bread Oatmeal**, brown sugar, bananas, walnuts, maple, cinnamon.

Chicken Caesar Salad — w/chicken, romaine, croutons, , and Caesar dressing
Sandwich Plate —**Turkey**, lettuce, tomato, American cheese, on wheat.
Breakfast Bowl— **Fruit & Oatmeal**, strawberries, bananas, with oatmeal & brown sugar

Chef Salad — w/ham, turkey, mixed greens, tomatoes, cucumbers, cheese, croutons, dressing
Sandwich Plate —**Chicken Salad** with walnuts, cranberry & lettuce on croissant.
Breakfast Bowl—**Carrot Cake Oatmeal**, raisins, carrots, walnuts, cinnamon, brown sugar.

Cobb Salad —w/chicken, mixed greens, tomatoes, cucumbers, bacon, chopped egg, Swiss cheese, Blue Cheese dressing.
Sandwich Plate — **Ham**, cheese, lettuce, tomato on wheat bread.
Breakfast Bowl—**French Toast Casserole**, yogurt, granola, maple, and fresh berries.

Martha's Vineyard Salad— Romaine, with cucumber, tomatoes, bacon, fresh strawberries and fresh vinaigrette.
Sandwich Plate—**Breaded Fish**, lettuce, tomato, and tartar sauce on white bread.
Breakfast Bowl—**Egg, Sausage, Potato**, Scrambled egg, turkey sausage and potato tots

To Order Meals: go to
mealsofjoy.org or call 623-594-9588

Please Note: If adding or cancelling a meal, it must be done by 10am two business days prior to the affected date. Any cancellations made less than 48 hours before the date will still be billed.

Standard & Hearty Meal Menu (Standard Entrees - no side salad or fruit)

Tuesday, July 1		Wednesday, July 2		Thursday, July 3		Friday, July 4		Weekender (delivered on Thursday)			
 Italian Sausage Links , served on top of mashed potatoes and a rich creamy tomato onion gravy with a side of fresh vegetables.		 Chicken Parmesan , spaghetti, marinara, and mozzarella with a side of vegetables.		 BBQ Pulled Pork , served with coleslaw, macaroni salad, and a bun.		 No Meal Delivery Service. Happy 4th of July! Thank You Veterans!		 Cheeseburger Sliders , potato salad, pickle, and a holiday cupcake.			
Monday, July 7		Tuesday, July 8		Wednesday, July 9		Thursday, July 10		Friday, July 11		Weekender (delivered on Friday)	
 No Meal Delivery Service. Happy 4th of July! Thank You Veterans!		 Orange Chicken , served with white rice and a side of fresh vegetables.		 Classic Meatloaf , with mashed potatoes, gravy, and vegetables.		 Oven Roasted Sausage links with assorted vegetables and rice.		 Spaghetti & Meatballs , handmade meatballs, marinara and a veggie side.		 Classic Club , ham, turkey, bacon, cheese, lettuce, tomato w/chips & applesauce.	
Monday, July 14		Tuesday, July 15		Wednesday, July 16		Thursday, July 17		Friday, July 18		Weekender (delivered on Friday)	
 Chicken & Rice Casserole , with cheddar and broccoli and a side of vegetables.		 Turkey Dinner , stuffing, gravy, & vegetables.		 Country Fried Chicken cutlet served on mashed potatoes with white gravy & veggies.		 Chicken Provencal , served over rice and a side of fresh vegetables.		 Philly Cheesesteak Pasta , steak, peppers, onions in a cheese sauce with vegetables.		 Turkey & Bacon , cheddar, tomato, & ranch with applesauce & macaroni salad.	
Monday, July 21		Tuesday, July 22		Wednesday, July 23		Thursday, July 24		Friday, July 25		Weekender (delivered on Friday)	
 White Fish & Wild Rice , served with fresh assorted vegetables.		 BBQ Chicken Thighs , served with baked beans and potato salad.		 Chicken Marsala , served with pasta and fresh veggies.		 Baked Ham , scalloped potatoes & assorted vegetables.		 Cheeseburger Casserole , ground beef, cheesy tomato sauce, and pasta with veggies.		 Shrimp Po'boy , breaded shrimp, lettuce, tomato, on a hoagie with chips and fruit.	
Monday, July 28		Tuesday, July 29		Wednesday, July 30		Thursday, July 31					
 Chicken Florentine , served with mashed potatoes and fresh vegetables.		 Pork Tenderloin Dijon , served over creamy polenta with vegetables.		 Chicken al a King , peas, carrots, mushrooms cooked in a cream sauce with vegetables.		 Ravioli Bolognese , hearty meat sauce with cheese ravioli and fresh vegetables.					

Meals prepared in the kitchen of Fountain of Life Lutheran Church, Sun City.