




# Charlotte

## July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/1/2024	7/2/2024	7/3/2024 - Special	7/4/2024	7/5/2024
Swiss Steak w/Gravy Egg Noodles Green Peas w/Red Peppers Dinner Roll Fresh Fruit Milk Margarine	Braised Pork w/Dijonnaise Sauce Parslied Rice Lima Beans Dinner Roll Mandarin Oranges Milk Margarine	Hot Dog Baked Beans Coleslaw Hot Dog Bun Baked Cookie Milk Mustard/Ketchup Diced Onions	<b>Closed</b>	Sliced Turkey Breast Swiss Cheese Potato Salad Cucumber Salad White Bread (2) Tropical Fruit Milk Mustard
7/8/2024	7/9/2024	7/10/2024	7/11/2024	7/12/2024
Hawaiian Chicken Breast Coconut Rice Broccoli Dinner Roll Pineapple Tidbits Milk Margarine	Turkey Taco Meat Black Beans Fiesta Vegetable Blend Flour Tortilla Fresh Fruit Milk Taco Sauce	Chicken Chef Salad Macaroni Salad Carrot Raisin Salad Wheat Crackers (2) Cranberry Applesauce Milk Ranch Dressing (2)	Beef Patty Lettuce/Tomato/Onion Vegetarian Baked Beans Hamburger Bun Mixed Fruit Cobbler Milk Mustard/Ketchup	Chicken Alfredo Green Peas Sliced Carrots Dinner Roll Fruited Gelatin Milk Margarine
7/15/2024	7/16/2024	7/17/2024	7/18/2024	7/19/2024
Pinto Beans Macaroni & Cheese Mixed Greens Cornbread Cinnamon Applesauce Milk Margarine Vinegar	Smothered Chicken Thigh Confetti Brown Rice Tossed Salad Dinner Roll Apple Juice Milk Margarine Ranch Dressing	Meatloaf w/Brown Gravy Whipped Potatoes w/Chives Corn Dinner Roll Tropical Fruit Milk Margarine	Chicken Salad Lettuce/Tomato/Onion Rotini Pasta Salad Wheat Bread (2) Fresh Fruit Milk	Braised Pork w/Bourbon Sauce Cheesy Potatoes Broccoli Dinner Roll Pineapple Tidbits Milk Margarine
7/22/2024	7/23/2024	7/24/2024	7/25/2024	7/26/2024
Salisbury Steak w/Gravy Whipped Redskin Potatoes Mixed Vegetables Dinner Roll Grape Juice Milk Margarine	Chicken Fajitas w/Peppers & Onions Fiesta Rice Pinto Beans Flour Tortilla Mandarin Oranges Milk	Sliced Ham Swiss Cheese Garden Pasta Salad Broccoli Raisin Salad White Bread (2) Pineapple Tidbits Milk Mustard	Beef & Chicken Meatballs w/Sauce Penne Pasta Green Peas Dinner Roll Banana Milk Margarine	Garlic Rosemary Chicken Thigh Whipped Potatoes Green Beans Dinner Roll Tropical Fruit Milk Margarine
7/29/2024	7/30/2024	7/31/2024	<p align="center"><b>LunchPlus Club</b> at Bethpage Presbyterian Church 6020 Mooresville Road, Kannapolis, NC 28081 <a href="http://www.bethpagechurch.org">www.bethpagechurch.org</a> Please call 704-794-7239 by Noon the day before you wish to attend.</p>	
Swiss Steak w/Gravy Egg Noodles Green Peas w/Red Peppers Dinner Roll Fresh Fruit Milk Margarine	Braised Pork w/Dijonnaise Sauce Parslied Rice Lima Beans Dinner Roll Mandarin Oranges Milk Margarine	BBQ Chicken Thigh Pinto Beans Coleslaw Dinner Roll Applesauce Milk Margarine		

# July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 <h2 style="color: red;">NW Cabarrus LunchPlus Club</h2>				
<b>1</b> <b>10:30 Bring-A-Joke or Riddle Day</b>	<b>2</b> <b>10:30 Independence Day Trivia</b> <b>11:00 NW Cabarrus Lunchplus Club Meeting</b>	<b>3</b> <b>10:30 Independence Day Trivia</b> <b>11:00 NW Cabarrus Lunchplus Club Meeting</b>	<b>4</b>  <p style="text-align: center;"><b>Closed</b></p> <p style="text-align: center;"><b>Independence Day</b></p>	<b>5</b> <b>10:00 Bingo</b> <b>11:45 Independence Day Celebration (wear red, white and blue)</b>
<b>8</b> <b>10:30 Watermelon Trivia</b> <b>11:00 Watermelon Festival (Treat)</b>	<b>9</b> <b>11:00 Steps to Safety by Emergency Management and Fire Services</b>	<b>10</b> <b>10:30 Jell-O Trivia and Tasting</b>	<b>11</b> <b>10:30 Tai Chi</b>	<b>12</b> <b>10:00 Bingo</b>
<b>15</b> <b>10:30 National Lottery Day (Play the Lotto)</b>	<b>16</b> <b>11:45 National Ice Cream Day (Homemade Ice Cream Treat)</b>	<b>17</b> <b>11:00 Robo Calls: Why do so many people call to buy my house? By Vanessa Miles with Allen Tate</b>	<b>18</b> <b>10:30 Tai Chi</b> <b>11:00 COPD by Pruitt Health @ Home</b>	<b>19</b> <b>10:00 Bingo</b>
<b>22</b> <b>10:30 National Oxymoron Day (How many can you say)</b>	<b>23</b> <b>10:30 Bring a Stuffed Animal to Lunch (show and tell)</b>	<b>24</b> <b>10:00 Bingo</b>	<b>25</b> <b>10:30 Tai Chi</b> <b>11:00 Cabarrus County Library</b>	<b>26</b> <b>10:00 Bingo</b>
<b>29</b> <b>11:45 July Birthday Celebration</b>	<b>30</b>	<b>31</b> <b>10:00 Bingo</b> <b>11:00 Companion Planting by Master Gardener NC State Extension</b>		

\*\*\*Programs are subject to change. \*\*\*