**July 2019**

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| **MONDAY**  **1**  **Grocery Shopping**  *Please bring your lunch* | **TUESDAY\***  **2**  Chicken Salad Sandwich with Potato Chips & Chocolate Chip Cookies | **WEDNESDAY**  **3**  **Volunteering:**  Homeless Shelter  *Please bring your lunch* | **THURSDAY\***  **4**  **CLOSED** | **FRIDAY\***  **5**  **CLOSED** |
| **8**  **Grocery Shopping**  *Please bring your lunch* | **9**  Salad Bar with Garlic Breadsticks | **10**  **Volunteering:**  Farmer’s Market  *Please bring your lunch* | **11**  Ham & Cheese Sandwiches with Fruit Salad | **12**  Cheeseburgers with Sweet Potato Fries & Root Beer Floats |
| **15**  **Grocery Shopping**  *Please bring your lunch* | **16**  Chicken Stir Fry with Rice & Fortune Cookies | **17**  **Volunteering:**  Homeless Shelter  *Please bring your lunch* | **18**  Beef Tacos with Chips & Salsa | **19**  Steak & Cheese Subs with Onion Rings |
| **22**  **Grocery Shopping**  *Please bring your lunch* | **23**  Quiche with Fruit Salad & Strawberry Banana Smoothie | **24**  **Volunteering:**  Garden  *Please bring your lunch* | **25**  Grilled BBQ Chicken with Mac & Cheese | **26**  Sloppy Joe’s with Seasoned French Fries |
| **29**  **Grocery Shopping**  *Please bring your lunch* | **30**  Chicken Alfredo with Broccoli, Side Salad & Brownies | **31**  **SOCIAL**  Boat Ride  Potomac River Water Taxi  100 South Union Street  Alexandria, VA 22314 | **1 August**  Bacon Egg & Cheese Bagel Sandwich with Hash Browns | **2 August**  **CLOSED** |