**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 RidePotomac River Water Taxi100 South Union StreetAlexandria, VA 22314 | **1 August**Bacon Egg & Cheese Bagel Sandwich with Hash Browns | **2 August****CLOSED**  |