

July Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Chicken 1pc Gravy 2oz Butternut ½ cup Steamed Potatoes ½ cup WW Dinner Roll 1pc Pudding/Diet pudding ½ cup Cranberry Sauce 1pc	3 Baked egg Dish w/ Sausage 1pc Sautéed spinach 4oz Roasted Potatoes ½ cup Fresh Fruit 1pc MG Bread 1pc	4 No Meals Happy 4 th of July	5 Meatball Sub – M.balls 3pc Marinara Sauce 2oz Mixed Veg ½ cup Potato Chips 1pc Sub Roll 1pc Peaches ½ cup Parm Cheese 1pc	6 Turkey tetrazzini 6oz Pasta ½ cup Broccoli ½ cup Oat Bread 1pc Pound Cake/Angel Cake 1pc
9 Lentil Stew w/ potatoes 6oz Rice 4oz Vegetable Blend ½ cup Dinner Roll 1pc Pears ½ cup	10 Cheeseburger 1pc Ratatouille ½ cup Roasted Potatoes ½ cup Burger Bun 1pc Ketchup 1pc Fruit Loaf/Grahams 1pc	11 Hawaiian Pork 5oz Rice ½ cup Brussel's Sprouts ½ cup Mixed Fruit ½ cup Oat Bread 1pc	12 Special – BBQ chicken 4oz Sweet Potatoes ½ cup Corn ½ cup (corn on the cob for congregate) Berry Parfait 1 cup WW Dinner Roll 1pc	13 Tuna & Egg Pasta Salad 8oz Garden Salad ½ cup Mandarin Oranges ½ cup WW Bread 1pc Dressing 1pc
16 Ravioli 14pc Meat Sauce ½ cup Cauliflower ½ cup WW Bread 1pc Parm Cheese 1pc Peaches ½ cup	17 Chicken Marsala 1pc Pasta w/Sauce ½ cup Capri Blend ½ cup Italian Bread 1pc Fresh Fruit 1pc	18 Southwestern Salad Shredded Lettuce 1 cup Ground Beef (drained) 3oz Shredded Cheese 1oz Cherry tomatoes 3 each Black bean & Corn Salad ½cup Tortilla 1pc D.Gelatin ½ cup	19 Bday - Turkey & Gravy 3oz Mashed Potatoes ½ cup Green Beans ½ cup Dinner Roll 1pc Angel cake 4oz Cranberry Sauce 1pc	20 Mac n' Cheese 8oz Peas ½ cup Honey Roll 1pc Applesauce 4oz
23 Ribeque 1pc Butternut ½ cup Roasted Potatoes ½ cup Burger Bun 1pc Ketchup 1pc M.Oranges ½ cup	24 Hot Dog 1pc Baked Beans ½ cup Coleslaw ½ cup Fruit Crisp (warm)/Fruit 1pc Hot dog bun 1pc Ketchup, Mustard, Relish 1pc	25 Beef Broccoli Stir Fry 8oz White Rice ½ cup Carrots ½ cup Brownie/Lorna Doones 1pc MG Bread 1pc	26 Chicken Salad 4oz On a bed of lettuce Pickled Beets ½ cup Pasta Salad ½ cup Mandarin Oranges ½ cup Oat Bread 2pc	27 Baked Breaded Fish 1pc Rice ½ cup Chef's Veg 1/2cup Pudding/diet pudding ½ cup WW Bread 1pc Tarter Sauce 1pc
30 Chicken, broccoli and Pasta 8 oz Summer Squash 4 oz Italian Bread 1 pc Chef's Dessert 4oz	31 Egg Salad on lettuce 4oz Three Bean Salad ½ cup Potato Salad ½ cup Hot Dog Roll 1pc Yogurt 1pc Juice 1pc (no milk)			