

Breakfast

JULY 2023

Menu subject to change due to availability

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Muffin, Yogurt, Choice of Hot or cold cereal, Toast	31 French Toast, Smoky Links, Choice of Hot or cold cereal, Toast					1 Omelet, Choice of Hot or cold cereal, Toast
2 Muffins, Boiled Egg, Choice of Hot or cold cereal, Toast	3 Eggs Florentine, Choice of Hot or cold cereal, Toast	4 Donut, Yogurt Cup, Choice of Hot or cold cereal, Toast	5 Egg, Turkey Sausage, Choice of Hot or cold cereal, Toast	6 Waffles W/ Fruit, Smoky Links, Choice of Hot or cold cereal, Toast	7 Scrambled Eggs, Canadian Bacon, Choice of Hot or cold cereal Toast	8 Omelet, Bacon, Choice of Hot or cold cereal, Toast
9 Breakfast Scramble, Choice of Hot or Cold cereal, Toast	10 Eggs Benedict, Choice of Hot or cold cereal, Toast	11 Muffin, Boiled Eggs, Choice of Hot or cold cereal, Toast National Blueberry Muffin Day!	12 Bagel, Scrambled Eggs, Choice of Hot or cold cereal, Toast	13 French Toast, Smoky Links, Choice of Hot or Cold cereal, Toast	14 Egg, Bacon, Choice of Hot or Cold cereal, Toast	15 Egg Bake, Choice of Hot or cold cereal Toast
16 Pig in a Blanket, Citrus Fruit, Choice of Hot or Cold cereal, Toast	17 Waffles w/Fruit, Smoky Links, Choice of Hot or cold cereal, Toast	18 Omelet, Choice of Hot or cold cereal, Toast	19 Breakfast Pizza, Choice of Hot or cold cereal, Toast	20 Egg Patty, Cheese & Sausage Patty on Croissant, Choice of Hot or cold cereal Toast	21 Coffeecake, Yogurt, Choice of Hot or cold cereal, Toast	22 Eggs, Bacon, Choice of Hot or cold cereal, Toast
23 Biscuits & Gravy, Egg Patty, Choice of Hot or Cold cereal, Toast	24 Breakfast Scramble, Choice of Hot or cold cereal, Toast	25 Muffin, Boiled Egg, Choice of Hot or cold cereal, Toast	26 Egg, Hash Brown Patty, Choice of Hot or cold cereal, Toast National Bagel Fest Day!	27 Scrambled Eggs, Ham Slice, Choice of Hot or cold cereal, Toast	28 Pancakes, Sausage, Choice of Hot or cold cereal, Toast	29 Quiche, Choice of Hot or Cold cereal, Toast

Dinner

JULY 2023

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Pork Roast, Potatoes & Gravy, Green Beans, Red Cabbage, Ice Cream	31 Chicken, Baby Baked Potatoes, Vegetable Blend, Cake					1 Beef Stew, Biscuit, Fruit Salad, Dessert
2 Beef Roast, Mashed Potatoes & Gravy, Carrots, Beets, Ice Cream	3 Chicken Thighs, Red Potatoes, Capri Blend, Dessert	4 4th of July! BBQ Pork Ribs Potato Salad Baked Beans Pie	5 Chopped Steak, Mashed Potatoes & Gravy, Green Beans, Cake	6 Chicken Legs, Potatoes & Gravy, Cole Slaw, Corn, Biscuit, Cookie National Fried Chicken Day!	7 Pollock, Artisan Macaroni & Cheese, Prince Charles Blend Dessert	8 Ravioli, Cottage Cheese, Breadsticks Dessert
9 Roast Turkey, Stuffing, Green Beans, Cranberry sauce, Ice Cream	10 Meatloaf, Scalloped Potatoes, Peas & Carrots, Dessert	11 Shrimp Fettuccini Alfredo, Broccoli, Breadsticks Bar	12 Stuffed Chicken, Party Potatoes, Mixed Vegetables National Pecan Pie Day!	13 Kielbasa & Cabbage, Potatoes, Carrots Dessert	14 Cod, Wild Rice, Capri Blend, Roll Pie	15 Pot Pie, Cottage Cheese Salad, Cake
16 Beef Roast, Mashed Potatoes & Gravy, Green Beans, National Ice Cream Day!	17 Baked Chicken, Creamy Noodles, Scandinavian Blend, Dessert	18 Smothered Pork Chops, Mashed Potatoes & Gravy, Baby Carrots, Dessert	19 Shepherd's Pie, Fruit Salad, Roll, Dessert	20 Asian Chicken, Oriental Vegetables, Rice, Egg Roll, National Fortune Cookie Day!	21 Haddock, French Fries, Cole Slaw Pudding	22 Spaghetti & Meat Sauce, Garlic Bread, Tossed Salad Dessert
23 Ham, Mashed Potatoes & Gravy, Baby Carrots, Lima Beans, National <u>Vanilla</u> Ice Cream Day!	24 Meatloaf, Scalloped Potatoes, Normandy Blend, Cake	25 Bourbon Chicken, Cheesy Potatoes, California Blend, Dessert	26 Salisbury Steak, Mashed Potatoes & Gravy, Green Beans, Dessert	27 Lasagna, Tossed Salad, Garlic Bread Dessert	28 Pollock, Rice, Broccoli, Roll Pudding	29 Open Faced Turkey Sandwich, Mashed Potatoes & Gravy, Peas & Carrots, Dessert

Supper

JULY 2023

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Turkey Club, 3 Bean Salad, Jell-O	31 Ham and Cheese Sandwich, Onion Rings, Pineapple					1 Bologna & Cheese Sandwich, Macaroni & Cheese, Mixed Fruit
2 Ham Salad on Bun, Bacon-Pea Salad, Pineapple	3 Tater Tot Casserole, Roll, Mixed Fruit	4 Grilled Cheese, Tomato Soup Jell-O	5 Ham & Cheese Slider, Potato Salad, Pears	6 BLT, Potato Chips, Mixed Melon	7 Mexican Dish, Tortilla Chips & Salsa Mixed Fruit	8 Egg Salad Sandwich, Tossed Salad, Peaches
9 Ham Sandwich, Macaroni Salad, Mixed Fruit	10 Pepperoni Pizza Pasta Salad Mandarins	11 Chicken Salad on Croissant, Carrot-Raisin Salad, Applesauce	12 Hotdog on Bun, Baked Beans Fruit Cocktail	13 Chicken Tenders, French Fries, Pears National French Fry Day!	14 Sloppy Joe's, Potato Salad, Jell-O w/Fruit	15 Goulash, Bread, Pineapple
16 Tuna Sandwich, Pasta Salad, Peaches	17 Beef Slider, Artisan Macaroni & Cheese, Pears	18 Turkey Burger, Broccoli Cheese Soup Mixed Melon	19 Pulled Pork on bun, German Potato Salad, Mandarins	20 BLT, Chips, Pineapple	21 Sub Sandwich, Chips, Jell-O w/ Fruit	22 Rueben Sandwich, Potato Chips, Mixed Fruit
23 Hotdog on bun, Baked Beans, Chips, Fruit National Hotdog Day!	24 Ham & Cheese Sandwich, Pasta Salad Pineapple	25 Goulash, Wheat Bread, Applesauce	26 Chicken Slider, Sweet Potato Fries, Jell-O	27 Grilled Beef & Swiss Sandwich, Minestrone Soup, Pears	28 Hamburger on Bun, Potato Salad, Watermelon National Hamburger day!	29 Chicken-Pasta Salad, Roll, Peaches

