

July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Teriyaki Jasmine Rice Broccoli Steamed Mixed Relish Tray Whole Wheat Bread Mandarin Orange	2 Honey Apricot Chicken Seasoned Zucchini Baked Yam Spinach Salad w/ GFY Garlic French Dressing Honeydew 7 Grain Bread	3 Avocado & Ham Sandwich on WW Bread Tomato-Cucumber Salad w/ Feta, Potato Chips Fresh Strawberries Fruit Punch Patriotic Fruit Bars	4 <p style="text-align: center;">Closed for Holiday</p>	5 Cream of Asparagus Soup Crab Cakes, Tartar Sauce Harvest Blend Rice Spring Mix Salad Peas & Carrots Lemon Bars
8 Baked Fish with Dill Sauce Apple Walnut Slaw Long Grain & Wild Rice Asparagus Chocolate Cream Pie	9 BBQ Ribs French Fries Coleslaw Corn on Cob Sherbet	10 <i>Birthday Day</i> Meatloaf Jell-O Fruit Salad Mashed Potatoes w/ Gravy Green Beans Dinner Roll <i>Birthday Cake & Ice Cream</i>	11 Chicken Pasta Primavera Colorful Salad with LS Italian Dressing Garlic Bread Citrus Delight	12 Steak Strips Smothered in Onions Roasted Butternut Squash Mixed Green Salad New Italian Dressing Dinner Roll Green Snap Beans Pears
15 Lentil Soup Tuna Salad Sandwich Yellow Squash Cantaloupe	16 Chicken Fried Steak Caesar Salad Mashed Potatoes & Gravy Brussels Sprouts Cranberry Juice Strawberry Rhubarb Pie	17 Beef Stir Fry Pineapple Brown Rice Garden Salad w/Honey Dressing	18 Shredded Pork Tostadas Green Chili Refried Beans Spanish Rice Black Bean & Mango Salad Custard	19 Spaghetti w/ Ground Beef Green Beans Italian Leafy Green Salad w/ Croutons, Garlic Bread White Grape Juice Vanilla Bean Ice Cream
22 Fish Sticks w/ Tartar Sauce Waldorf Salad Macaroni & Cheese Green Peas & Carrots Dessert	23 Fried Rice w/ Almonds Mini Pork Egg Rolls Orange Spinach Salad Cranberry Apple Dessert	24 Hot, Open-Faced Turkey Sandwich on WW Bread with Stuffing and Gravy Cranberry Sauce, Whole Baby Carrots Pumpkin Pie	25 Crispy Orange/ Chicken Wrap w/ Asian Sesame Slaw Harvest Rice Stir Fry Vegetables Chocolate Éclair	26 Swiss Steak Baked Potato w/ Sour Cream & Chives Herbed Veggie Medley WW Roll Applesauce
29 Oven Fried Chicken Baked Sour Cream w/ Chives Garden Salad Honey Dressing Fruited Gelatin Dessert WW Bread w/ Apple Jelly	30 BBQ Beef Sandwich Corn on the Cob Spinach Creamy Coleslaw Tapioca Pudding	31 Cod w/ Dill Sauce Pea Salad Harvest Blend Rice Asparagus Spears Lemony-Raspberry & Blueberry Parfait		

